

Kingswinford Academy: Early Help Offer for Children and Families

At Kingswinford, we recognise the importance of Early Help to offer support to meet the needs of students. Early Help is everybody's responsibility: together we will make sure that children, young people and their families are safe, happy and ready for school, work and life's challenges.

Early Help supports better outcomes for children and families; effective Early Help aims to resolve problems before they become overwhelming and may require intervention from reactive services. Early Help can advocate children to be ready for school and more likely to achieve their full potential.

What is Early Help?

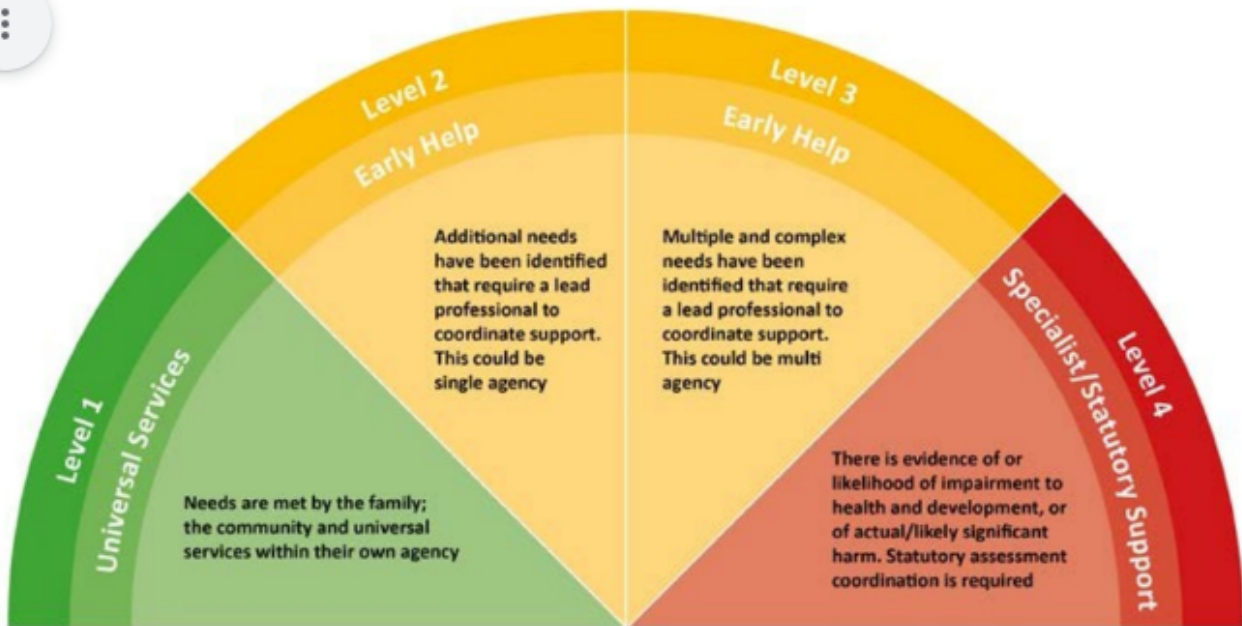
Early Help is the process and means by which the needs of children and their families for support are identified and addressed as soon as they emerge, so that children's development is maintained and harm prevented, as part of 'early', targeted and sometimes intensive work with the wider family. This can occur at different points in the child's life, including pre-birth, and may be repeated for different reasons, as the child develops. Anyone can provide Early Help – you don't need to be an expert professional. Early Help is not about passing the issue on to an expert, but thinking about what is the best support you can offer.

Everyone needs help at some time in their lives and therefore an ethos of Early Help is important for any school. We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm and reaching a point of crisis.

The consequences of not addressing needs in this way are that the issues may become more entrenched, complex and acute and can become overlaid by additional needs and problems, not just for the individual child, but for the wider family, thus requiring greater help and support from more agencies as time progresses and creating more severe and intractable problems. Early Help can avoid these escalations and support/enable the child and the family to resolve their own issues and build resilience for the future. By effective use and deployment of Early Help, the following objectives can be achieved:

- Children start school healthy and ready to learn.
- Children and young people are kept safe from abuse, neglect and exploitation.
- Children and young people are supported in their emotional wellbeing.
- Young people are ready to work.

There are many ways in which we can help as outlined in this offer of Early Help. The diagram below shows the range of needs at different levels. We use this graduated approach (Dudley Threshold of Need and Support Framework) to make sure we provide the best support for different families' individual situations.



Signs that a child or young person may benefit from Early Help include (Department for Education):

- Displaying disruptive or anti-social behaviour.
- There are on-going safeguarding concerns.
- Being bullied or bullying others.
- Having poor attendance at school.
- Being involved in, or at risk of, offending.
- Having poor general health.
- Having anxiety, depression or other mental health issues.
- Misusing drugs or alcohol.
- Having a particularly challenging relationship with parents or appearing to be unusually independent from their parents.
- Experiencing difficulties at home, such as domestic abuse, parental substance abuse or parental separation.

What is an Early Help Assessment (EHA)?

An EHA is an initial assessment and planning tool that facilitates and coordinates multi-agency support. It assesses the situation of the child or young person and their family and helps to identify the needs of both the children and the adults in the family.

It enables families and agencies to efficiently identify the strengths and emerging needs of children and young people at risk of poor outcomes; it reduces duplication of assessment and improves involvement between agencies. As part of the detailed Early Help Assessment we will look at the following areas for each unborn baby/child/young person and their family:

- What are the child's wishes and feelings?
- What are the harms or risks (past and present) that we are worried about in respect of an unborn baby/child/young person?
- Are there any concerns or risks external to the family, such as in the extended family, peer group, community, and school or on-line?
- What has happened to this child/young person? What trauma may have impacted on them?



- What are we worried is going to happen to the unborn baby/child/young person in the future if nothing changes?
- What are the parents/ carers understanding of the situation and to what extent have they engaged with the services?
- What are the child/young person's and family's strengths? Could these be built upon, utilised?
- What support and interventions have been offered previously?
- Did these make a difference? If not, why not?
- What support and interventions can your agency offer this unborn baby/child/young person and family? Could this address the needs or is support required from another agency or other local facilities?
- What support is needed and how will this address the needs? What's working and what's not?

Kingswinford Academy takes responsibility for providing our students and families with appropriate Early Help provision. This area of support and intervention forms part of our already robust pastoral care system and safeguarding procedures. The welfare of our young people is our absolute priority, and we strive to provide a bespoke package of support when they face difficulties which may hamper their academic achievement and personal development.

To deliver the Early Help Offer, we have many key pastoral staff and Student Wellbeing Ambassadors who work in collaboration with students and families in our school.

Student Wellbeing Ambassadors: Our Wellbeing Ambassadors are a group of students who want to help their peers and make a difference! The students in the Wellbeing Ambassadors team range from Year 7 all the way up to Year 10! Our Student Ambassador Team have pledged to support with the following:

- Help to create an open and inclusive school ethos which includes respect and understanding of those with mental ill health.
- Promote equality of opportunity and help to change mental health, stigma and discrimination.
- Help to ensure a consistent and positive approach to student mental health and wellbeing.
- Support peers in school who experience poor mental health, by offering support during social times.
- Encourage peers to talk about mental health.
- Help to raise awareness of mental health and wellbeing.
- Support with organising and delivering specific mental health and wellbeing events.
- Help to signpost peers to access support in our academy and from external organisations.
- Support with the delivery of Wellbeing Wednesdays.

Tutors: All students have an allocated form tutor who they see on a daily basis. First point of contact for parent/carer(s) and students with any issues or concerns. Tutors are responsible for overseeing the academic and pastoral wellbeing of their group, and liaising with other staff within the school as required to ensure that the appropriate support is in place as soon as a need is identified.

Student Achievement Team (SAT): Dedicated team of non-teaching staff to support students throughout the school day. They work primarily with students who may have difficulties in lessons, for a number of different reasons. The team provides coverage across all lessons and work to support students through developing their social, emotional learning by providing a space for students to regulate through restorative conversations, quiet place to work and access to a self-regulation room. Time is dedicated to ensure all students are able to access their learning and their work is proactive, ensuring where possible concerns and issues are responded to in an empathetic yet timely manner.

Student Support Centre: a team of trauma informed staff who provide a creative, consistent, constructive, customised and skilfully co-ordinated package of support to young people. The staff in our Student Support



Centre provide holistic, appropriate and timely support both practical and emotional, to young people, including vulnerable, disengaged and hard to reach young people and those exhibiting challenging behaviour. In addition to this, the staff plan, coordinate, implement and deliver a comprehensive programme of low level intervention programmes, including therapeutic interventions to assist vulnerable students to recover from trauma and that reinforce trust and self belief, such as Getting it Right 3 day, Getting it Right 5 day, Classroom Skills, Positive Thinking, Respect and Acceptance, Social Skills, Self-Esteem, Keeping Safe Online, Bereavement, Attendance, Healthy friendships, Bullying, Nurture Group, Building Resilience/Growth Mindset, Hygiene Awareness. We also used therapeutic approaches, including Big Empathy Drawings and Sand Trays.

Heads of House: supporting students and their families, general oversight of all students in their House. They support families by hosting parental meetings, telephone conversations, home visits and where appropriate signposting, leading on and referring families for Early Help and referring to the School's Mental Health and Wellbeing Lead.

Mental Health and Wellbeing Lead: is responsible for coordinating the school's provision for students' mental health needs. In addition to this, the Mental Health and Wellbeing Lead supports in the education of students on mental health and wellbeing and implements and oversees processes in which staff can report concerns/ The Mental Health and Wellbeing Lead develops systems to support students through referrals to specialists and has a good understanding of what local and national support is available out of school. In addition to this, the Mental Health and Wellbeing Lead, in partnership with other pastoral staff, is qualified to deliver the Triple P- Positive Parenting Programme. This programme is a multi-level system of family intervention for parents/carers of adolescents who have, or who are at risk of developing behaviour and emotional problems.

School Health Nurse: We have a school health nurse who attends school once a week and meets with any students who have been referred for support. The Mental Health Lead and the School Nurse meet once a month to discuss vulnerable students.

Attendance Officer: supporting students and their families to ensure good attendance is maintained. Provide home visits where necessary, meetings with students/parent/carer(s), text/email/phone calls regarding attendance and how we can best support. Links to Head of House, Student Support Centre Staff and SAT when students experience difficulties in coming into school.



Special Educational Needs and Disability: Our intention for Special Educational Needs and/or Disabilities (SEND) is to ensure that all children receive a high-quality and ambitious education regardless of need or disability.

Through high-quality planning, teaching and provision we seek to:

- ensure early identification and intervention for SEND to ensure that progress and opportunities are maximised
- ensure that all children have access to a broad and balanced curriculum which is differentiated to enable them to understand the relevance and purpose of learning
- provide an accessible learning environment which is tailored to the individual needs of all pupils
- develop children's independence and life skills;
- use a child-centred approach to regularly monitor the progress of children with SEND;
- provide good quality and relevant training for all staff members supporting children with SEND
- work in partnership with parents and carers;
- work closely with external agencies and other professionals to hone and develop our provision for children with SEND

"Every teacher is a teacher of SEND", as such, inclusion is a thread that runs through every area of the school enhanced by collaboration between senior leaders, teachers, support staff, external agencies, parents and most importantly, the child. The levels of support are fluid, graduated and respond timely to an assess, plan, do, review cycle.

Our Universal Offer

- high quality teaching - good teaching for all is good teaching for SEND
- the curriculum is effectively differentiated to meet need
- all teaching staff are informed and appropriately trained in how to adapt their teaching to meet individual needs
- parent and student voice are kept at the forefront of all decisions
- All students are given access to a wide range of careers advice and guidance

Targeted Support or intervention:

- An individual learning plan is shared with all staff which details strategies and reasonable adjustments to best support students, these are reviewed annually.
 - Teaching staff or, where appropriate, assistant teachers provide students with additional needs, extra support or scaffolding within the classroom.
 - 1:1 or small group intervention to support with phonics, maths or literacy learning
 - Student's well-being is nurtured, developed and supported through mentoring, check ins, drop ins, meet and greet, safe social place or sensory breaks.
 - 1:1 or small group intervention to support a range of specific needs with specialist assistant teachers, including: ASD, speech, language and communication needs, dyslexia, dyscalculia, moderate learning difficulties; physiotherapy.
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Specialist Support or intervention:

- We work alongside external agencies such as, Educational Psychologist, Speech and Language Therapist, Occupational Therapist, Physical Impairment and Medical Inclusion Service (PIMIS), Autism Outreach Service, Sensory Impairment Team, Dudley Learning Support Services to develop specific targets/programmes tailored to the child's individual needs.

Area of Need	Graduated Response		
	Universal Offer	Targeted Support and Intervention	Specialist Support
<i>Cognition and Learning</i>	Differentiated curriculum planning, activities, delivery and outcome Increased visual aids / modelling etc Visual timetables Use of dictionaries Use of writing frames Access to ICT	As universal plus the following: Catch up programmes – Literacy and numeracy e.g. Alpha to omega/cued spelling/comprehension programme/ninja maths In class support from LSA Multi-sensory spelling practice groups Reduced/ increasingly individualised timetable at KS4 Accelerated reader Reading group/partners Reading rulers/overlays	As Targeted plus the following: IDL(dyslexia scheme) Intense literacy/ numeracy support Exam concessions Alternative accreditation/ vocational courses Advice from EP/SSS/CAT-CNN Study Skills Targeted revision Talkabout Functional Skills



<p><i>Communication and Interaction</i></p>	<p>Differentiated curriculum planning, activities, delivery and outcome e.g. simplified language, Key words</p> <p>Increased visual aids / modelling etc</p> <p>Visual timetables</p> <p>Use of symbols</p> <p>Structured school and class routines</p> <p>Use of task boards</p>	<p>As universal plus the following:</p> <p>In class support with focus on supporting speech and language/interaction</p> <p>Use of ICT</p> <p>Communication and social skills groups</p>	<p>As Targeted plus the following:</p> <p>Speech and Language support / advice</p> <p>Talkabout groups</p> <p>Advice/ Input from Autism Outreach Team</p> <p>Visual organiser/organisation groups</p> <p>ICT</p> <p>ASD/CBT</p> <p>Lego therapy</p> <p>Life Skills</p>
<p><i>Social, Emotional, and mental health</i></p>	<p>Whole school behaviour policy</p> <p>Behaviour team in school</p> <p>Whole school / class rules</p> <p>Whole school/ Class reward and sanctions systems</p> <p>Tutor time</p> <p>PSHE</p> <p>Assemblies</p>	<p>As universal plus the following:</p> <p>Small group work</p> <p>Social Skills group training</p> <p>Anger management</p> <p>KS4 - Work-related learning</p> <p>In class support for supporting behaviour targets, access, safety</p> <p>Involvement of pastoral work and outside agencies</p>	<p>As Targeted plus the following:</p> <p>Individual support SSC</p> <p>Individual support</p> <p>Individual reward system</p> <p>Re-integration programme</p> <p>Advice from EP/CCD/CAMHS/</p> <p>Peer mentoring (as appropriate)</p> <p>Mentoring(TAs)</p> <p>Vocational courses eg, John Muir award</p> <p>ASD/CBT base support</p> <p>PSHE</p>



<i>Sensory and Physical</i>	<p>Flexible teaching arrangements</p> <p>Staff aware of implications of physical impairment</p> <p>Writing slopes</p> <p>Pencil grips</p> <p>Medical support /advice</p> <p>Access to lift</p>	<p>As universal plus the following:</p> <p>Keyboard skills</p> <p>In class support for supporting access, health and safety</p> <p>Access to a safe environment</p> <p>Use of Sensory TA/Service/resources</p>	<p>As Targeted plus the following:</p> <p>Individual support in class during appropriate subjects e.g Science, PE, tech and lunch time</p> <p>Physiotherapy programme (where appropriate)</p> <p>Use of appropriate resources e.g. radio aids</p> <p>Wheelchairs.</p> <p>Use of Sensory support team</p> <p>Sensory Room / Fresh Air</p> <p>Fiddle toys</p>
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In addition to our Early Help offer in school, the table below contains links to local and national organisations that can support children, young people and their families. All websites listed have access to parent/carer/young people information guides, activities and a wide range of valuable and interactive resources and further signposting. In addition, **please visit the website of the organisation to source telephone numbers/email addresses and opening times. Please also note that some national organisations listed, do also offer support in the Dudley Borough.** For example, Cruse (Bereavement) is a national charity, but they do offer support in the Dudley Region.

NAME (and website link) FOR ORGANISATION.	OVERVIEW OF ORGANISATION
Active Black Country	Active Black Country works collaboratively with a range of local partners to inspire and enable people to lead an active lifestyle and to care for their wellbeing, creating a broad and diverse range of opportunities in the Black Country.
Anxiety UK	<p>Anxiety UK works to make anxiety a thing of the past. Anxiety UK offers an extensive range of support services designed to help you to control your anxiety rather than letting it control you. Services available for both members and non-members include</p> <ul style="list-style-type: none"> • Access to a community of other like-minded people • Discounted one-to-one therapy services from our network of Anxiety UK Approved Therapists • A wide range of helpful resources to help you understand and overcome your anxiety • Access to anxiety support groups • Discounted anxiety management courses and Calm Club
Adoption@Heart	There is a range of adoption support services available to children adopted from care. Adoption@Heart's adoption support offer starts



	at the very beginning of the adoption process and continues throughout childhood, from early years to teenage and beyond. We provide a wide and extensive range of adoption support services for adopters and their children, birth families and adopted people.
Anna Freud National Centre for Children and Families	The Anna Freud Centre provides a range of services to children, young people and their parents & families. Services are aimed at promoting emotional and mental health and development. There are services for parents and infants, parents and toddlers, children and young people and families, depending on age range and clinical need.
Ask Marc	Ask Marc offers help and support for men affected by domestic abuse, stalking and rape and sexual violence. Ask Marc offers independent, confidential advice and support to help men be safer, make choices, and move forward with their lives.
Barnardos	Barnardos help children through the trauma of sexual abuse and exploitation. They provide support for young people in care. Their specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more. The scale of what Barnardos does may be big and complex, but their aim is simple – to provide the best outcome for every child, no matter who they are or what they have been through.
BEAT	<p>BEAT is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf. The charity is dedicated to helping people with anorexia nervosa, bulimia, binge eating disorder, avoidant/restrictive food intake disorder, and other specified feeding or eating disorders and providing information to the public about these conditions.</p> <p>As well as campaigning for better services for those affected by eating disorders, the charity provides self-help support through several different projects:</p> <ul style="list-style-type: none">• Helplines: The charity runs three national helplines, one for adults, one for young people under 25, and one for students. Telephone, email, and one-to-one web chat services are available.• Online Services: The charity's website includes message boards, an online chat facility, online support groups, and a HelpFinder directory.• Peer support: The charity runs Echo, a telephone-based peer support for carers, in some parts of the country.
Bipolar UK	Bipolar UK is a national mental health charity supporting individuals who have bipolar, also their families and carers too.
Black Country Food Bank	Black Country Food Bank helps vulnerable individuals and families in crisis through the provision of 3 days emergency food supplies while a longer term solution is developed.
Black Country Womens Aid (BCWA)	BCWA offers a diverse range of services include: domestic abuse refuge and community support; rape, sexual violence and



	childhood sexual abuse support; forced marriage and honour based violence support; children and young people's services; therapeutic services; and support for female offenders and women with complex needs.
CALM (Campaign Against Living Miserably)	The Campaign Against Living Miserably (CALM) is leading a movement against suicide.
Dudley CAMHS	Dudley CAMHS is a specialist mental health service commissioned to provide interventions to those children, young people and their families who are experiencing moderate to severe mental health difficulties. CAMHS currently supports young people up to the age of 16 and still in year 11 with a GP registered in the Dudley area.
Catch 22 Support & Rescue Service	Catch 22's Support & Rescue Service offers 121 specialist support to young people aged under 25 who are criminally exploited through County Lines in 4 of the largest exporting police force areas, this support is aimed at reducing risk to them and those around them.
Chadd: New Beginnings	New Beginnings offers a wide range of support, projects and services to help those who are suffering domestic abuse. These services help support individuals to overcome domestic abuse as well as help build resilience, self confidence and create a brighter future.
Children Court System	Children are sometimes required to give evidence in courts, either for crimes committed against them or for crimes they have witnessed. There are two guides to support these children which can be found at Young witness booklet for 5 to 11 year olds - GOV.UK (www.gov.uk) (young witness booklet for 5 to 11 year olds) which is a pdf. There is also a document called "going to court and being a witness age 12 to 17" which is also found at Young witness booklet for 12 to 17 year olds - GOV.UK (www.gov.uk) Making family arrangements via court can be stressful and entrench conflict in families. The ministry of Justice has just launched an online dispute resolution service. This can be useful to parents and carers Get help with child arrangements - Get help with child arrangements (justice.gov.uk)
Child Exploitation Criminal Exploitation of children and vulnerable adults: County Lines	Exploitation is a form of abuse, is often characterised by an imbalance of power, exchange and (the restriction or absence of) consent. The victim may be exploited for criminal or sexual purposes and can include forced labour, organ harvesting, domestic servitude, County Lines and forced marriage. Children who are trafficked, exploited or coerced into committing crimes are victims in need of safeguarding and support. Though perceptions are altering these young people are still often criminalised and perceived as having 'made a choice' to take part in illegal activity.



Parents Protect	Parents Protect help parents/carers protect children from sexual abuse and exploitation.
Child Exploitation and Online Protection CEOP	Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support. Make a report If you have experienced online sexual abuse or you're worried this is happening to someone you know, let CEOP know safely and securely.
Children: Family members in prison Children with a parent in prison (Barnardos)	Approximately 200,000 children have a parent sent to prison each year. These children are at risk of poor outcomes including poverty, stigma, isolation and poor mental health.
Children missing from Education (Dudley)	Children Missing Education (CME) refers to 'any child of compulsory school age who is not registered at any formally approved education activity e.g. school, alternative provision, elective home education, and has been out of education provision for at least 4 weeks'. CME also includes those children who are missing (family whereabouts unknown), and are usually children who are registered on a school roll/ alternative provision.
Childnet	Childnet is a UK-based charity who empower children, young people, and those who support them in their online lives, and its mission is to work with others to make the internet a great and safe place for children and young people. Childnet works directly with children and young people from the ages of 3-18, as well as parents and carers.
Cruse	Cruse Bereavement Care is the leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies, and work to enhance society's care of bereaved people. Cruse offers face-to-face, group, telephone, email and website support. We have a Free phone national helpline and local services throughout England.
Domestic Abuse: Dudley Safe and Sound	Dudley Safe and Sound: Dudley's Community Safety Partnership -information, support and contacts to help victims of abuse , bring offenders to justice and raise awareness.
Dudley Council: Cost of living support	Support with various issues including: <ul style="list-style-type: none">● Household Bills● Everyday Essentials● Struggling with dents● Mental Health and Wellbeing● Winter Warmth● Getting a good job



	<ul style="list-style-type: none">• Help with my business• Carer costs• I'm worried about scams• Help with pets• National Initiatives
Dudley Directory for services in the Borough	Welcome to the Dudley Directory, where you can find all the information and advice you need about Dudley, from business information to healthcare services in and around the Dudley area.
Dudley Early Help Strategy 2021-2024	<p>Cluster Boundaries</p> <p>Stourbridge Family Centre, Forge Rd, Stourbridge, DY8 1XF, 01384 818780</p> <p>Halesowen Family Centre, Lye By-Pass, Stourbridge, DY9 8HT, 01384 813954</p> <p>Brierley Hill Family Centre, 18 Parkes Street, Brierley Hill, DY5 3DY, 01384 813322</p> <p>Dudley North Family Centre, Bayer Street, Bilston, WV14 9DS, 01384 813096</p> <p>Dudley Central Family Centre, Selbourne Road, Dudley DY2 8LJ, 01384 812440</p>
Dudley Education & Child Psychology Service	This service aims to enhance learning, development and emotional wellbeing of children and young people in the borough.
Dudley Parenting Service	The Parenting Team organises and co-ordinates a range of parenting programmes, to offer support to families in the Dudley borough. The parenting programmes provide a wide range of services for families, to address a variety of needs. A family may access advice or information, online support or those who require more guidance may attend intensive group support.
Dudley Safeguarding People Partnership (DSPP)	Important information for parents and professionals across Dudley in relation to keeping children safe and avenues of support including early help options. Everyone should know how to access this website which has all of the agreed Dudley safeguarding and child protection processes on it. DSPP works with relevant agencies to improve local safeguarding arrangements and hold each other to account in order to protect Dudley's most vulnerable people.
Dudley Safe and Sound	Dudley's community safety partnership. Safe and Sound is a partnership made up of public sector and voluntary organisations covering Dudley borough. By actively working together it aims to address community concerns around crime, disorder, Anti-Social Behaviour and substance misuse.



Dudley Schools Early Help Directory	Dudley Early Help Directory provides details of a range of support available to children, young people and families in Dudley. Universal source of help for all families in Dudley.
Elective Home Education	Home education is becoming an increasingly popular option for families in Dudley and there is support available for this through Dudley Council.
Dudley First Step	Dudley First Step is a counselling and support service for children and young people who have been sexually abused. First Step also provides counselling and support for parents/carers and other family members.
Dudley Mind	Dudley Mind aims to improve, promote and enhance a better quality of life for people living across the Black Country affected by poor mental health.
Dudley Orchard	<p>Dudley Orchard is part of a national charity that strives to develop services for disabled young people in partnership with parents and is committed to working to ensure children maximise their skills and fulfil their potential, irrespective of their impairment or disability.</p> <p>Activities include after school clubs from ages five to 13 years, transitions group and youth clubs ages from 13 years to 25 years, Direct payments and Home Support.</p>
Dudley Virtual School	Dudley Virtual School is a team of dedicated professionals who work collaboratively to improve educational outcomes for Dudley's children looked after (CLA) and children previously looked after (PLAC).
Dudley Young Carers	<p>Dudley Young Carers can make a real difference to children, young people and adults who provide care and support to a parent, sibling or family member.</p> <p>What do they offer?</p> <ul style="list-style-type: none">● one to one young carer support● information, guidance and signposting● emotional support through counselling● training sessions and workshops● holiday activities● 10 week F.U.N (Fitness, Understanding, Nutrition programme for young carers)● regular newsletters● support at professional meetings● school support and transition to college/university or employment.



Education Support Service (Dudley Council)	The Education Support Service (ESS) is our statutory service for the enforcement of school attendance and other education related legal interventions for children in employment, children in entertainment and elective home education.
Edward's Trust	Edward's Trust offers a holistic approach to supporting children and young people up to the age of 24, who are bereaved, or about to be bereaved of a parent, significant carer, sibling or friend. through bereavement and loss. They offer counselling, support groups, play therapy, wellbeing therapies and social events. They are also able to offer resources and training for those wanting to support people in their grief journey.
Fabricated or Induced Illness	Fabricated or induced illness (FII) is a rare form of child abuse. It occurs when a parent or carer , exaggerates or deliberately causes symptoms of illness in the child.
Faith Communities: Safeguarding	Faith-based groups and places of worship play a major role in the lives of many children and young people. This means safeguarding must be a key consideration in all faith settings. Find out how to approach safeguarding from within the beliefs, teachings and cultural context of faith communities.
Family Lives	Find advice on all aspects of family life from bonding with your new baby, dealing with tantrums, positive discipline, bullying, communicating with teens and divorce and separation.
Fearless	Fearless is the Crimestoppers youth service aimed at 11-16 year olds. It is tasked with increasing awareness of the dangers surrounding street crime, drugs and violence. Armed with a belief in the power of prevention and intervention, Fearless aims to help our future generations navigate a safe path to adulthood.
Female genital mutilation (FGM) - NHS (www.nhs.uk) FGM: NSPCC	Female Genital Mutilation (FGM) comprises all procedures involving partial or total removal or the external female genitalia. FGM is illegal in the UK and as of October 2015 mandatory reporting commenced. If education staff or other professionals discovers that an act FGM appears to have been carried out on a girl under 18 years old there is a statutory (legal) duty on teachers for them PERSONALLY to report it to the police. Any suspicion of FGM should be referred to the Police and Social Care.
Forced Marriage Dudley: Safe and Sound Stop Forced Marriage	Forced marriage is distinct from an arranged marriage because in arranged marriages, although families may take a leading role in choosing the partners, the choice of whether or not to consent to the marriage remains with the potential spouses. Forced marriage affects people from many communities and cultures. Please see 'Multi-Agency Practice Guidelines- Handling cases of Forced Marriage' for more information and detail.



FRANK	Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol.
Gangs and Youth Violence	Gangs and youth violence are a growing problem across the country. Membership of gangs and associated youth violence can have a devastating impact on children and young people and their families.
The Gender Trust	The Gender Trust is a listening ear, a caring support and an information centre for anyone with any question concerning their gender identity, or whose loved one is struggling with gender identity issues. People who might be Transgender, Transsexual or people who do not identify with the gender they were assigned at birth or those who are simply unsure.
HAF-Holiday Activity Fun in Dudley	Funds have been made available for every local authority in England to coordinate free holiday provision, including healthy food and enriching activities for families who receive benefit related free school meals. Families not in receipt of benefit related free school meals can pay to attend provision, if there is sufficient space.
Happier Minds Dudley	<p>A new website was launched in November 2022 to help young people, parents/carers and professionals in schools find information about mental health. Happier Minds can help you find the mental wellbeing information you need. It also provides information on how to get help urgently for people in crisis. The website has 3 sections:</p> <p>The young people section for those aged 11 yrs and over (secondary school and college), has video resources and useful contacts.</p> <p>For parents/carers, there is information to help them to support their child and also resources to support their own mental wellbeing.</p> <p>The professional section of the website has been designed for those working with young people in schools/colleges and provides useful information and resources.</p>
Harmless	Harmless is an organisation who works to address and overcome issues related to self-harm and suicide.
Here4YOUth	<ul style="list-style-type: none">• A listening ear and safe space for young people to talk about what's on their mind• Advice and information about drugs and alcohol• Support to make changes with drugs and alcohol• Making connections to activities/hobbies or groups to feel less lonely or isolated• Help to stop smoking (16-18 year olds)• Support to to regulate emotions including managing anger



	<p>and managing stress or anxiety</p> <ul style="list-style-type: none">• Confidence building• Ways to improve sleep• Condoms and chlamydia screening• Self help information
<p>Honour Based Violence</p> <p>Honour Based Violence/Forced Marriage: Dudley Safe and Sound</p>	<p>Honour' based violence (HBV) occurs when perpetrators believe a relative or other individual has shamed or damaged a family's or community's 'honour' or reputation (known in some communities as Izzat), and that the only way to redeem the damaged 'honour' is to punish and/or kill the individual. 'Honour' based violence is a term that is widely used to describe this sort of abuse however it is often referred to as 'honour' based violence because the concept of 'honour' is used by perpetrators to make excuses for their abuse. There is a very strong link between 'honour' based violence, forced marriage and domestic abuse. The term 'Honour Based Violence' is the internationally recognised term describing cultural justifications for violence and abuse.</p>
<p>Household Support Fund (Dudley)</p>	<p>Help with cost of living during winter time. This scheme is to help if you are struggling to pay your bills due to the cost of living increases. It is a one off payment made to eligible households in Dudley Borough. To apply, you will need to meet certain criteria and complete an application form.</p>
<p>Inclusive Pathways</p>	<p>An organisation which provides practical learning opportunities for young adults with learning difficulties. It endeavours to provide learners with a challenging, practical and hands-on learning programme that incorporates and considers their interests, wishes and aspirations, and aims to teach key and life skills through a more practical and meaningful approach.</p>
<p>Keeping Children Safe Online: NSPCC</p> <p>Keeping Children Safe Online: NSPCC: Parental Controls</p>	<p>Understanding online safety is tricky for all ages. The NSPCC has advice to help you learn about staying safe online as a family, and provides information on setting up parental controls.</p>
<p>Kooth</p>	<p>Kooth is a fully commissioned service which provides a free, safe, anonymous and non-stigmatised way for young people to receive support around mental health and emotional wellbeing online. Staffed by fully trained and qualified team members (including counsellors), who are available until 10pm each night, 365 days per year, it provides a much needed out of hours' service for advice and support. As well as 1:1 support, peer to peer support can also be accessed through moderated message forums and online magazines.</p>
<p>Let's Get Healthy Dudley</p>	<p>This service aims to support people to make healthy lifestyle changes.</p>



MH Reflexions Team	Reflexions is Dudley's Mental Health Support Team for schools. They work with young people to help them understand anxiety; signs and symptoms of anxiety; possible triggers; types of anxiety disorder and work to support young people by giving them useful interventions and supportive strategies.
MIND	Mind is a leading mental health charity. It provides advice and support to empower anyone experiencing a mental health problem. It campaigns to improve services, raise awareness and promote understanding.
NHS	The NHS website helps people to take control of their health and wellbeing. There is substantial information and advice on this website.
No Panic	No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.
NSPCC	The NSPCC is a leading children's charity in the UK, specialising in child protection and dedicated to protecting children today to prevent abuse tomorrow. They are the only UK children's charity with statutory powers, which means they can take action to safeguard children at risk of abuse.
OCD Action	OCD Action is a national UK charity focusing on Obsessive Compulsive Disorder (OCD) and related disorders. They provide support and information to anybody affected by OCD, work to raise awareness of the disorder amongst the public and front-line healthcare workers, and strive to secure a better deal for people with OCD. They are a dedicated charity with a clear vision, solid objectives and a real understanding of OCD and the impact that it has.
Papyrus	Papyrus (Prevention of Young Suicide) is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. They are a leading youth suicide prevention charity in the UK. Their suicide prevention helpline, HOPELINEUK, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINEUK is a free and confidential call, text and email service, which is available from 9am to midnight, every day of the year.
Place2Be	Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. There is a wealth of information for parents/carers and young people to access, including information guides, resources and podcasts.
Phase Trust	Phase Trust is a youth organisation which works across Dudley Borough and beyond, to provide formal and informal programmes



	<p>or support, which encourage children and young people to maximise learning opportunities and reach their full potential as citizens. They offer a range of services:</p> <ul style="list-style-type: none">Personal DevelopmentExploitationCommunity EngagementFamily SupportTraining
Preventing Radicalisation: NSPCC	<p>While it remains very rare for school age children to become involved in extremist activity to the point of committing criminal acts, young people can be exposed to extremist influences or prejudiced views, including via the internet, from an early age. As with other forms of criminality or risk of harm, early intervention is always preferable. Schools, working with other local partners, families and communities, can help support pupils who may be vulnerable as part of wider safeguarding responsibilities.</p>
National Fostering Agency	<p>Private fostering is when a child or young person aged under 16 (or 18 if they are disabled) is cared for and provided with accommodation for 28 days or more by an adult who is not a close relative. It is normally a private agreement between a parent and another adult. Private foster carers may be from the extended family such as a cousin or great aunt, a friend of the family, the parent of a friend of the child, or someone previously unknown to the child's family.</p>
Refuge	<p>Refuge is the largest domestic abuse organisation in the UK. On any given day their services support thousands of women and their children, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.</p>
Rethink	<p>Black Country Emotional Support Helpline: A freephone service for those in need of support, reassurance and understanding. This telephone based service is open 365 days and no referral is required. Anyone experiencing emotional distress, Carers, friends or family who require support about someone they know: 0808 802 288/ dudleyhelpline@rethink.org.</p>
Rethink Mental Illness	<p>Rethink Mental illness work tirelessly to transform the lives of everyone severely affected by mental illness. The organisation provides over 200 services, 140 local support groups and run campaigns that bring about real change.</p>
Samaritans	<p>Contact a Samaritan If you need someone to talk to, the Samaritans listen. They won't judge or tell you what to do. Call them any time, day or night Whatever you're going through, you can call the Samaritans any time, from any phone for FREE. Call 116 123.</p>



Schools and Colleges Early Support Service	The Schools and Colleges Early Support Service has been developed by two trusted voices in mental health, the Anna Freud Centre and Mind. It will provide urgently needed support for 11 to 25 year olds who struggle with mental health difficulties, like anxiety and low mood, via a school referral.
School Nurse - Laura Devereaux	<p>The School Nurse can help guide and support on a number of issues, via a school referral.</p> <ul style="list-style-type: none">• Contenance• Sleep• Diet / Eating Issues / Weight Management• Medical Issues /Care Plans• Smoking• Sexual Health• Substance Misuse
Sharing Nudes and Semi Nudes: NSPCC	Sharing nudes is when someone sends a naked or semi-naked image or video to another person. Sharing nudes is sometimes called 'sexting', however this term is often used by young people to talk about sharing sexual messages and not imagery.
Shout	Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Shout launched publicly in May 2019 and we've had more than 1.5 million conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need in-the-moment support. Text Shout on 85258.
Stalking Dudley Safe and Sound	<p>Stalking is a pattern of repeated and persistent unwanted behaviour that is intrusive and engenders fear, it is when one person becomes fixated or obsessed with another and the attention is unwanted.</p> <p>General Advice:</p> <ul style="list-style-type: none">▪ If it doesn't feel right it probably isn't!▪ Seek support from trusted family/friends▪ Report to the police and do this early▪ Keep a diary in a secure location▪ Screenshot emails etc and save them▪ Photograph/video your stalker if safely possible.▪ Tighten security; home, work and on-line
St Giles Trust	St Giles is a charity using expertise and real-life past experiences to empower people who are not getting the help they need; people who are hard to engage because they have been failed time and time again – held back by poverty, exploited, abused, are dealing with addiction or mental health problems, or are caught up in crime or a combination of these issues and others.
Stonewall	At Stonewall, they stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. They imagine a world where all LGBTQ+ people are free to be themselves and



	can live their lives to the fullest.
Teenage Relationship Abuse	If your boyfriend or girlfriend is being physically or emotionally abusive in any way, including over the phone, messaging or using social media, this is relationship abuse.
The Children's Society	The Children's Society is a national charity working to transform the hopes and happiness of young people facing abuse, exploitation and neglect. They support them through their most serious life challenges and we campaign tirelessly for the big social changes that will improve the lives of those who need hope most.
The Mix	Essential support for under 25s. The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social media, through their free, confidential helpline or their counselling service.
The Zone	<p>The Zone is a young people's substance misuse service in Dudley. They offer a safe, secure place where individuals can talk about any drug or alcohol difficulties. Services offered include:</p> <ul style="list-style-type: none">• Individual support and encouragement• Time and space to talk• Support with family• Relapse prevention work• Acupuncture• Substitute prescribing• Needle exchange• Workshops• Job and Carer support Via Connexions• General health assessments• Sexual health clinics• On site testing
West Midlands Violence Reduction Partnership	Violence in the West Midlands has followed the national trend and has risen consistently for a number of years. It's led to an increased fear of crime, a rise in the mental and physical injuries suffered by members of our community and many preventable deaths. The Violence Reduction Unit is a partnership organisation that aims to reduce violent crime across the West Midlands region. It benefits from the expertise of partners in public health, criminal justice, sports, education, and policing in order to take on a collaborative approach towards reducing violence.
WHAT Centre	The WHAT Centre provides holistic mental health and well-being support to all young people in the Dudley Borough, aged between 9 to 25 years old. There are a range of support services available for the different ages that can be accessed via self-referral or through a referral by a professional/parent etc.



<u>Winston's Wish</u>	Winston's Wish is a national charity that provides bereavement support, guidance and information to children and young people (up to 25) and their families after the death of someone close to them. They offer a range of practical support via a Freephone Helpline, online resources, individual and group support, publications, and training for professionals.
<u>Violence Against Women and Girls: Dudley Safe and Sound</u> <u>Violence Against Women</u>	The term 'violence against women and girls' refers to acts of violence or abuse that we know disproportionately affect women and girls. Crimes and behaviour covered by this term include rape and other sexual offences, domestic abuse, stalking, 'honour'-based abuse (including female genital mutilation forced marriage, and 'honour' killings), as well as many others, including offences committed online
<u>Young Minds</u>	Young Minds are the UK's leading charity fighting for children and young people's mental health. This website covers a wide range of diverse topics and provides outstanding support and advice. Their Parents Helpline offers vital advice and guidance to parents/carers who are concerned about their child's mental health. They can give you advice on how to access support, navigating services for your child and practical techniques to help.
<u>Youth Justice Service</u>	Dudley has a dedicated team of staff and volunteers from local communities who work with children and young people who offend or are at risk of offending, and their families/carers.



DUDLEY'S EARLY HELP NINE STAGE PROCESS

