



**Early Help - Leicestershire**

**Early Help**

Leicestershire County Council's Children and Family Wellbeing Service was established in April 2019 following the integration of four services:

- Children's Centre Programme
- Information, Support and Assessment Service
- Supporting Leicestershire Families (Troubled Families programme)
- Youth Offending Service



**Children and Family Wellbeing Service**

The Children and Family Wellbeing Service provides early help services to a child, young person or family, where they are experiencing difficulties that cannot be supported by universal services, such as schools or GPs alone.

[LLC CFS Early Help Offer 2022\\_24.pdf \(proceduresonline.com\)](#)

At Kibworth Mead Academy we offer a range of support to intervene and prevent at an early stage to underpin or work alongside other services such as Early Help

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.

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 co-ordinated multi-agency approach is usually best.

In these cases, an Early Help referral can take place and a Lead Practitioner could be assigned to work closely with the family to ensure they receive the support they require. Schools should be a key partner in any multiagency work to support families. In school we offer a number of interventions to support this process, see below for what we do.

**Family Support**

Our family support officer works closely with the school SENDCO, Attendance and Heads of Year to ensure young people's basic needs are met and they are attending school to access their education. They work in partnership with parents/carers and is happy to discuss needs of the family to ensure all are supported.

The range of support provided can include help if you are worried about your son/daughter, coping with medical issues, bereavement, parent separation/divorce and supporting the completion of forms for various issues/difficulties, which may arise.

**The Well**

The Well is a small charity located in Kibworth High Street, and is a café, charity clothes shop, and food bank.

Founded and run-on Christian principles around 15 years ago, they are open to everyone, of all faiths and none, to provide support to people in the Kibworth's and surrounding villages.

If you need to access food bank support, you should contact Citizens Advice on 0808 208 2138. To find out more, go to [www.leicestersouth.foodbank.org.uk/get-help](http://www.leicestersouth.foodbank.org.uk/get-help)

They also run weekly drop-in sessions, providing FREE support and advice sessions that are open to everyone:

### **Counselling**

Counselling offers young people a safe space to discuss and work through anything they may be struggling with. This could include family worries, exam and school stress, mental health concerns such as anxiety, depression, self-esteem, and self-harm. Our counsellors typically offer eight sessions, which can be reviewed to meet the needs of the child.

Our Counselling sessions offer young people the opportunity to express themselves using talking, play, drawing, and emotional support resources. This allows young people the opportunity to explore and start to begin to understand and label feelings and emotions.

Counselling is not a quick fix, and our Counsellors work in a client lead approach which means the sessions are led by the young person and not directed by the counsellor. For counselling to be beneficial the young person must be motivated and willing to engage. If it does not feel the right time for the young person, or they do not want to access counselling we value, respect, and empower the young person for having a voice.

### **Teen Health 11+**

A programme for young people 11-16 years old, with a focus on emotional health and wellbeing. The programme is a six-week course exploring topics related to general emotional health and wellbeing designed to support young people with understanding and managing emotions, resilience, and friendships.

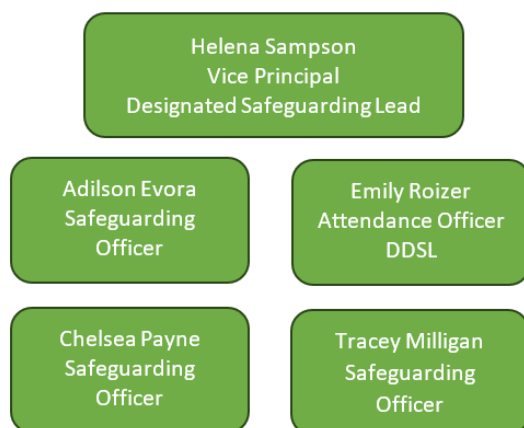
The course provides strategies to support the young person with reflection and coping mechanisms. This intervention can be carried out within school but can be offered outside of school by the Teen Health 11+ organisers.

### **MIND toolkit**

MIND toolkit programme is a well-being intervention, within school, which focuses on managing emotions, including anxiety, low mood, and anger.

Young people look at identifying what triggers they have that may cause changes in their emotions, and identifying their support people and things that they enjoy doing.

Young people look at a range of strategies that could support them when they are having a challenging day. The programme is 6 weeks in length, with one session per week and facilitated by our Assistant Head of Years.



**In addition, a summary of other support in school:**

**Attendance**

- Attendance data reviewed and actioned.
- Attendance Officer
- Letters and daily communication with parents and students for attendance
- Detentions and letters home as interventions. Lates included
- Opportunities for meet and greets of pastoral staff, key workers, SEND
- Certificates/Trophies linked to attendance
- PP incentives for attendance
- Transport supported for some cases and provisions.
- Personal attendance plans and incentives
- Family Support Officer

**Transition**

- Year 5 Open evening
- Year 6 Open evening
- Extra visits/induction for vulnerable students
- SEND Induction day
- Transition evening for parents
- Individual transition parents meeting with SLT
- Year group Induction Day
- Transition programme
- Visits for prospective families
- Work with key partners
- Connexions worker
- Connexions worker for LAC students
- Careers library
- Dedicated careers advisor
- Careers Open evening
- Work Experience
- Support with post-16 UCAS Progress applications
- Link between educational phases

**SEMH**

- Charity links
- Behaviour mentor
- Bereavement counselling
- Teen 11+
- CAMHS (Children, Adolescent Mental Health Service)
- Drawing and Talking Therapy
- Educational Psychologist
- Emotions in motions
- Family Support Officer
- Laura centre
- Lego therapy
- Mentors and Nurture groups
- Pastoral Support Programme
- Staff training in SEMH, Virtual School training
- Virtual school team
- PP Co-ordinator (inclusive sports leading to achievements for a wide range of students)

- SEMH HLTAs
- Tailored interventions

### Staying Safe

- Relevant policies and procedures that support staying safe in all areas of Child Protection
- Advice point and Early help response DSLs
- Anti-bullying champion and award
- Assemblies
- Care plans
- E-safety
- Home visits
- Library leaders- Librarians
- Link Police Community Support Officer
- Parent workshops
- Mental Health Events
- Mental Health Lead in school
- PEP/LAC meetings
- PHSE (Personal Health Social Education)
- Prefect system
- Prevent e.g. FGM (Female Genital Mutilation) / Forced marriage
- Teen 11+
- Tracking of incidents e.g. CPOMS
- NHS stop smoking
- C-Card Trained staff
- Pastoral leader meetings and training
- External School Counsellors
- MIND Interventions

### Supporting Families

- Young Carers
- Bereavement counselling
- Curriculum days / evenings
- Family link / support worker (available at parents evenings or drop ins)
- Support for form completion inc financial support and housing
- Home visits
- Parents evenings
- Pastoral support
- SENCo
- Signposting to external agencies and training
- Workshops
- Noticeboards for awareness raising
- Bereavement counselling

### The local community

- Community events
- Donations from community for The Well Food Bank
- Parent Forums
- Governors and Academy Council
- Community Links such as Fire, PCSO and businesses
- Supporting charities
- Hosting Community groups
- Mental Health & Medical Centre

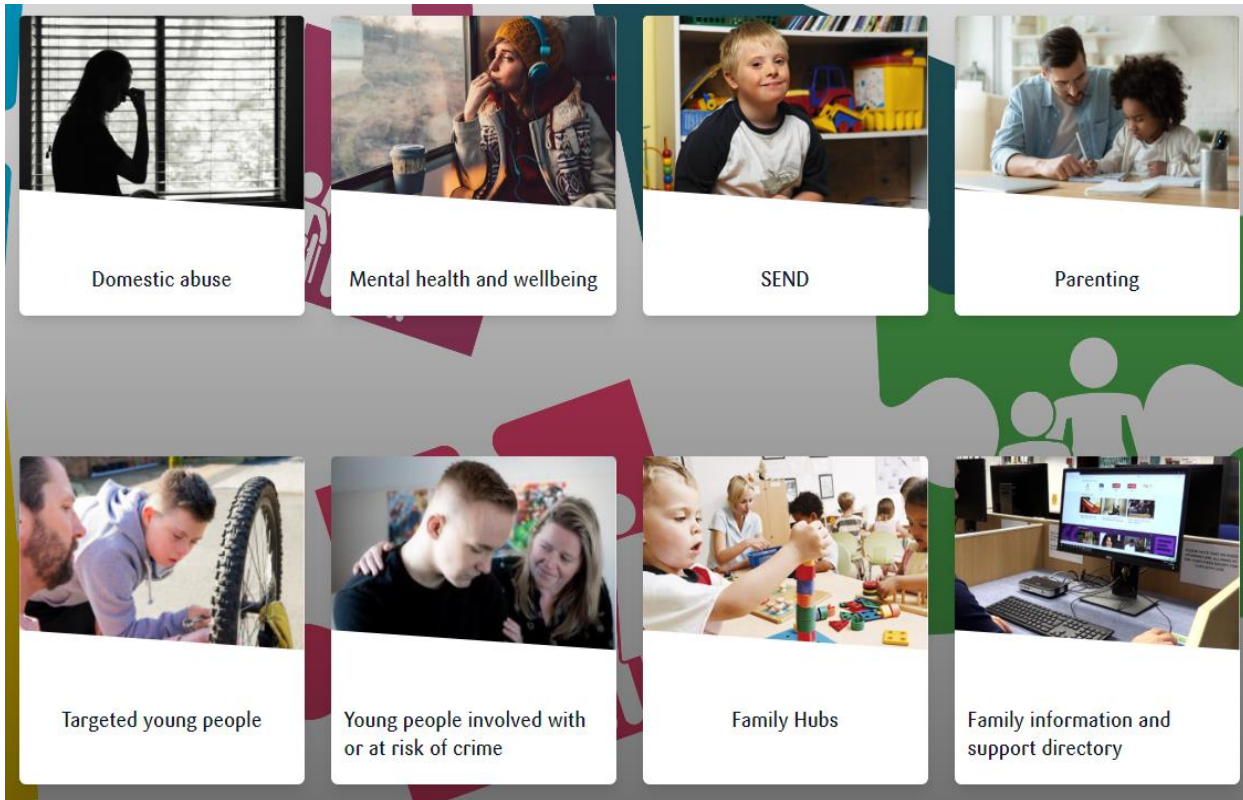
### The Curriculum

- 1:1 / group work
- Assemblies
- Booster classes/Revision sessions
- Citizenship/PHSE delivery
- Inter-school events
- Trust Events
- Subsidised school trips / visits
- Theme days
- Alternative provision
- Careers education
- Interventions
- ELSA
- SEND
- Specialised HLTAs



## Help for children and families

[Help for children and families | Leicestershire County Council](#)



Family Help is the new name for the Children and Family Wellbeing Service. Family Help provides targeted early help to families – and when needed, Child in Need services.

We provide early help services to families, where they're experiencing difficulties that can't be supported by universal services such as schools or GPs alone.

We provide a wide range of support for you and your family (see our pages below). Sometimes, if needs are more complicated, we'll work with social workers to make sure your needs are being met. We'll always talk to you about this first.

The support we offer is free of charge and can be delivered at a location to suit your situation or online.

Call us on 016 305 8727 for further details.

### Teen Health 11-19 Service

Young people 11-19 can access this service by completing a Teen Health referral form. For further information, please visit the [Teen Health 11-19 Service](#) where the online referral form can be found.

### If you are making a self self-referral

If you, or someone on your behalf, think you would benefit from one of our services, you, or someone on your behalf, can complete our [online request a service form](#)([Link is external and opens in new window](#)). If you're completing it on behalf of someone else, you'll need their consent.

