



## Support for Children and Families at Aston Fields Middle School

### Key Personnel and job roles

**Mrs H Mynott** Assistant Headteacher

**Mrs L Wildsmith** Assistant Headteacher / Lead Teacher for Disadvantaged Pupils including pupils with SEND, CLA & PCLA pupils.

**Directors of Year Group** and **Form Teachers** can also be contacted through the school office if you need to discuss any worries.

### Our Early Help 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 Aston Fields Middle 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
- Eating healthy food
- Keeping to a healthy lifestyle
- 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 who have special educational needs (SEND)
- Children who may become 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.



At Aston Fields Middle School we have a range of support for our pupils and families.

### **Academic Guidance and Personal Development**

All pupils receive individual time with their Form Tutor each term to discuss how they are feeling about school, what they think they are achieving well in and discussing what they want to develop further in regard to their learning and their character. They use this time to identify targets to further progress. They are also encouraged to discuss what they are proud of and if they have any worries. Form teachers and Directors of Year will ensure they can offer support to each pupil.

### **Our Curriculum**

Within our PSHE curriculum, all pupils are taught about a range of strategies to cope with different concerns and situations they may face, helping them to develop their personal skills as they grow and mature.

### **Room 22**

Room 22 is a dedicated calm, welcoming and safe area in our school which children can access during their time at Aston Fields Middle School if they need a little extra support within school or home. Our room has a team of staff to support children's social and emotional development. We have a range of support that we can offer from Circle of Friends, group discussion, emotional support and one-to-one mentoring with a key adult. Our support can teach pupils about understanding feelings and emotions, building friendships, problem solving and understanding a range of social situations. Support is allocated to pupils following referral to the SEMH team through form teachers or Director of Year Group.

### **Support for Families**

We are keen to signpost families to other groups within the local community who are also able to offer help and support to families. This can include referrals to the local foodbank, counselling, parenting workshops, emotional wellbeing and much more. Please contact the school office and Mrs Mynott or Mrs Wildsmith will be more than happy to discuss what we can do to support.









### **School Nurse**

We have an allocated school nurse from School Health who we can discuss any health concerns or emotional needs with. She will be able to identify other ways in which support could be available for pupils and their families. Please contact school in the first instance and we will be happy to support you.



## Local Services

There are a range of local services available to support families. Below are the details of many of them. If you require more information, please do not hesitate to contact school.

 <p><b>Family Hub – The Pod</b> This provides a range of activities for anyone who is interested including workshops and a drop-in café.</p> <p>13 Humphrey Avenue Bromsgrove B60 3JB                      0800 0850 160</p> <p><a href="https://www.bdht.co.uk/the-pod/">https://www.bdht.co.uk/the-pod/</a></p>	 <p><b>Ready Steady Worcestershire – Holidays and Food Programme</b> This provides a range of activities for families to book during the school holidays.</p> <p><a href="https://www.worcestershire.gov.uk/virtual-family-hub/ready-steady-worcestershire-holiday-activities-and-food-haf-programme">https://www.worcestershire.gov.uk/virtual-family-hub/ready-steady-worcestershire-holiday-activities-and-food-haf-programme</a></p>
 <p><b>Bromsgrove Youth and Community Hub</b> A range of different activities and community groups are run for children and young people</p> <p>Bromsgrove Baptist Church New Road Bromsgrove B60 2JD</p> <p><a href="https://thehubbromsgrove.org/">https://thehubbromsgrove.org/</a></p>	 <p><b>Catshill Baptist Foodbank</b> If you require support, please contact school and we will assist you with a referral for support with food parcels.</p> <p>Catshill Baptist Church Milton Road Catshill Bromsgrove B61 0NA    01527 880170</p> <p><a href="https://www.catshillbaptist.org.uk/cbc-foodbank-2/">https://www.catshillbaptist.org.uk/cbc-foodbank-2/</a></p>
 <p><b>Bromsgrove Early Help Team – Part of the Pear Tree Family Hub</b> Broad Street Bromsgrove B61 8LW    01527 835775</p> <p><a href="#">Worcestershire Family Hubs</a></p> <p><a href="#">Pear Tree Family Hub, Bromsgrove   Worcestershire County Council</a></p>	 <p><b>Bromsgrove Library - Parkside</b> Market Street Bromsgrove B61 8DA    01905 822722</p> <p><a href="https://www.worcestershire.gov.uk/library/bromsgrove-library">https://www.worcestershire.gov.uk/library/bromsgrove-library</a></p>
 <p><b>New Starts</b> New Starts can support families with food parcels, furniture, financial advice and school uniform. If you require support, please contact school. They also have a community supermarket every Thursday 2pm–5pm. 1 Sherwood Road Aston Fields Bromsgrove B60 3DR 01527 88241/0121 679 2072</p> <p><a href="https://newstarts.org.uk/">https://newstarts.org.uk/</a></p>	 <p><b>Primrose Hospice</b> Primrose offer support for families facing life-limiting illness or bereavement.</p> <p><a href="https://primrosehospice.org/">https://primrosehospice.org/</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** offers a range of health services which support both children and families experiencing a range of health issues.

### [Worcestershire Health Visiting Service](#)

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 01905 520032 (Monday – Friday 9am-1pm). A Health Visitor will assist you over the phone with any worries, concerns, or questions you have.

### [School Health Nursing](#)

**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](#)

**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 \(onside-advocacy.org.uk\)](#)

**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.

### [MELO:](#)

**MELO** offers a service to support children and families wellbeing and mental health.

### [CAMHS | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

**CAMHS** provides mental health help to children, young people and their families across Herefordshire and Worcestershire

### [Home - Kooth](#)

**Kooth** is an online mental wellbeing community which offers free, safe, and anonymous support.

### [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](#)

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

### [Home | Healthy Minds \(whct.nhs.uk\)](#)

**Healthy Minds'** 24/7 mental health helpline provides support or advice if you, or someone you know, is experiencing a mental health crisis and needs urgent help. It's available 24 hours a day to anyone in Herefordshire and Worcestershire.



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

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

[Sexual Health Know Your Stuff | Sexual health | Worcestershire County Council](#)

[Worcestershire Integrated Sexual Health Service \(WISH\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

**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 <https://www.hacw.nhs.uk/outreach/> . 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 \(sh24.org.uk\)](#)

## **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:

[Are you being bullied? | Worcestershire County Council](#)

[Cyberbullying | Worcestershire County Council](#)

[Kidscape | Resources and Publications](#)



## Online Safety

If you have concerns around the safety of your child or a child you know when they are online, the following links will provide you with information, support, and advice to help understand the risks and provide guidance on how to keep your child safe online:

- [Think U Know | Information for parents](#)
- [Online safety | Barnardo's \(barnardos.org.uk\)](#)
- [Educate Against Hate](#)
- [www.internetmatters.org](#)
- [BBC | 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](#)

[Think U Know | Parents Sexting 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 – information and support for parent carers | Worcestershire County Council](#)
- CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships. <https://www.westmerciawomensaid.org/services/children-and-young-people-services/>
- [Relationships | The 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](#)

[NHS - How to talk to your child about sex](#)

[NHS - Sex and young people](#)



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

Our aim for children with Special Educational Needs at Aston Fields Middle School is to ensure that they are safe and happy at school, as well as enabling them to meet their full potential.

Our SENDCo is Miss Ward, who is supported by a deputy SENDCo, Mrs Winch. We have a team of teaching assistants who have further training in different subjects or disabilities.

More information about how we support our pupils can be found on our school website on the link below.

<https://www.astonfields.worcs.sch.uk/access-and-inclusion>

If you are looking for additional information or advice the following links will help you:

[SEND Local Offer | Worcestershire County Council](#) or contact [localoffer@worcschildrenfirst.org.uk](mailto:localoffer@worcschildrenfirst.org.uk)

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

[The 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: [The Family Hub | Worcestershire County Council](#)



## 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](#)

[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:

### **Bromsgrove Job Centre Plus**

Parkside, Market Street, Bromsgrove, B61 8DA

Telephone: 0800 1690190

**Citizen's Advice Bureau** [Bromsgrove Citizen's Advice Bureau](#)

**Skills 4 Worcestershire** is a service to help local people move closer to employment through training and support. [Skills 4 Worcestershire](#)

For information on what **financial and housing support** is available in Worcestershire, please visit:

[Housing and finances | The Family Hub | 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](#)

**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 North East Worcestershire](#)



## Family Information Service

Do you need advice and support around finding childcare? The following link will provide you with the contact details of the Family Information Service's District Teams: [Family Information Service | Worcestershire County Council](#)

## Substance Misuse

**Cranstoun** provides support for families when an adult is struggling with their alcohol or drug intake. [Cranstoun Worcestershire](#)

**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: [Families First | 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.

***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 further advice and support.***