



Our Supporting Families and Wellbeing Offer

At Franche we recognise that there are times when life just gets too much – at these times, a bit of extra help can make a huge difference and means together we can improve outcomes for children, families and communities. The purpose of our Supporting Families and Wellbeing Offer is to provide support as soon as a worry or concern arises, with the aim to stop this escalating. Support can be offered at any point in a child’s life, from the early years through to teenage years.

A wide variety of needs can be supported under our supporting families offer. This might be a one-off incident or a series of worries; we are aware that sometimes an accumulation of things happen and at these times more extensive support either from school staff or from external agencies might help the family get back on track.









Our Supporting Families and Wellbeing Offer can help children and their families with:

- Routines, behaviour and family rules
- Keeping a healthy diet and lifestyle
- Children’s mental health and well-being
- Food bank
- School uniform for families in need
- Children who are caring for a family member/being a young carer
- Children who may not want to go to school for different reasons/attendance
- Special educational needs (SEND)
- Children who may becoming involved in anti-social or criminal behaviour
- Children who go missing from home
- Children at risk of being tricked or forced to work in the criminal world
- Children who may need additional support because they may live in a home where there are concerns around drug or alcohol abuse or adult mental health
- Children who have parents who argue a lot or become aggressive towards each other (physically, verbally or emotionally) 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)
- Referrals to external partners

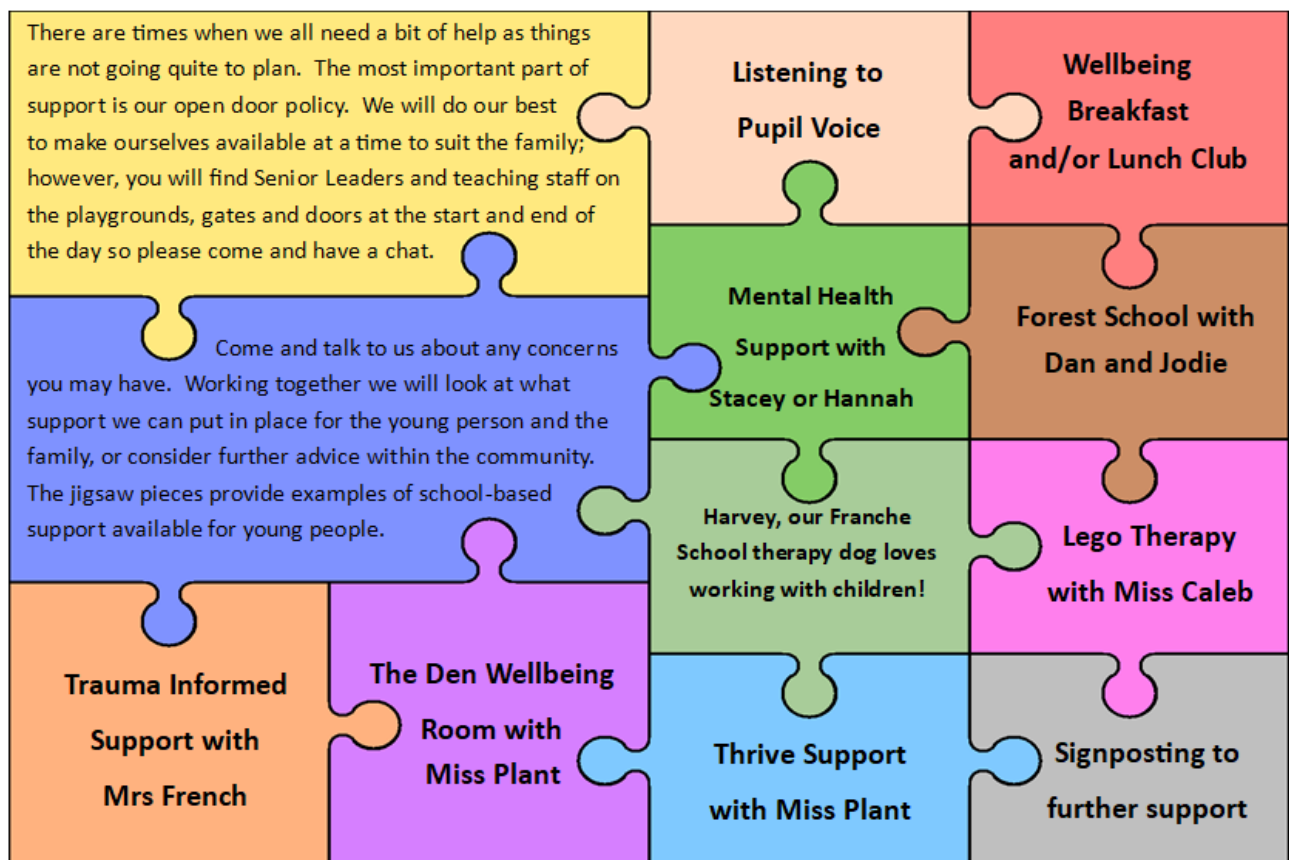
This Supporting Families and Wellbeing Offer aims to provide a guide to the support available to the families of Franche. This is by no means an exhaustive list. We are very happy to talk through any concerns you may have and consider what we can do to help, or come up with a plan of ongoing support together.

We pride ourselves on putting our children and families at the centre of what we do. Please feel free to come and have a chat about any concerns you may have so that we can support children in school and look at support for the family.

Meet the Team

 Mrs Woodward Designated Safeguard Lead	 Mrs Dixon Deputy Safeguarding Lead	 Mrs Holloway Deputy Safeguarding Lead	 Mr Watkins Deputy Safeguarding Lead	 Miss Running Deputy Safeguarding Lead	 Mrs Sinclair Deputy Safeguarding Lead	 Mrs McLean Deputy Safeguarding Lead
 Miss Plant Deputy Safeguarding Lead	 Mrs Bulmer Deputy Safeguarding Lead	 Mrs Jevons Deputy Safeguarding Lead	 Mrs Vickers Deputy Safeguarding Lead	 Mrs French Deputy Safeguarding Lead		

The most important part of our Supporting Families and Wellbeing Offer at Franche is our open-door policy. Class teachers and Year Band Leaders are available and always happy to support parent/carers in the first instance and can often put actions in place very quickly.



At the start and end of each day, you will find senior leaders and members of the safeguarding team on the playgrounds and school gates. Please come and talk to us about any concerns that you may have. For more private conversations, contact the school office (01562 751788) who will be happy to make an appointment for you to discuss your concerns with one of the team so that we can plan school-based support strategies or signpost to external agencies. It is helpful to have these conversations so that we can provide the best possible support to children while they are in our care at school.

Sometimes, families need longer-term support. In these cases, we can work together with an Early Help Plan to outline the things that are going well and identify the struggles or things that are not going so well. Together we will consider and put in place a range of strategies to support the family. We will meet regularly, talk on the phone or have a cup of tea and a chat about how things are going, the impact of strategies put in place or if in fact, other ideas need to be considered.

There are times when life does not go according to plan and the above strategies are not quite enough to get the family back on track. Therefore, a targeted Early Help Family Support Plan may be a further option. A referral will be made with the consent of the family and supported by school and the Early Help Family Support Team.

OUR SUPPORTING FAMILIES AND WELLBEING OFFER

Everyone needs help at some time in their lives and therefore an ethos of supporting families is important at Franche Community Primary School.

We work hard to put a range of early support interventions in place to support children and families; in many cases support will help a family get back on track and support children to thrive. Franche Community Primary School will refer to appropriate agencies when additional help is required. All staff are aware of our Supporting Families and Wellbeing Offer and consider strategies to support our families.

Our Supporting Families and Wellbeing Offer

The DSL team, alongside teaching and support staff aim to provide support as soon as a problem arises, to stop it from escalating. This could be at any point in a child's life, from birth to the teenage years.

With the family we will always explore the best support that can be offered, this might be a member of the Wellbeing team, a familiar member of staff in school, local support groups, the community, charities or more specialist support.

Examples of Early Help at Franche:

- Giving families the opportunity, space and time to talk
- Parenting support and advice
- A phone call to check the well-being of the family
- Family meetings
- A safe space
- Supporting meetings with external providers ie Citizen's Advice, Women's Aid, School Nurse

- Providing additional wrap around care (726)
- Mental Health advice, referrals and signposting
- Mental Health support (EMHP) in school
- Bereavement support for children
- Food bank referral
- Reaching out to the community for specific items for a family in need
- Community support for families in need
- School uniform
- Completing an [Early Help Assessment](#)

More information:

https://www.worcestershire.gov.uk/info/20324/advice_care_health_and_support

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.


<p>Mental Health First Aiders</p>	<p>Mental Health is a key part of our Supporting Families and Wellbeing offer. Mrs Woodward and Mrs McLean are trained Mental Health First Aiders in school. The role of the Mental Health First Aiders is to support children, parents/carers and staff by understanding the factors affecting mental health, identifying the signs and symptoms, providing support to someone in crisis or to signpost to professional help. We have written a mental well-being provision document, 'Waves of Support, to support all staff in identifying mental health concerns and providing support at the earliest opportunity.</p>
<p>Education Mental Health Practitioner (EMHP)</p>	<p>We are lucky to have an EMHP (Education Mental Health Practitioner) in school one day a week to support children experiencing low-level anxiety, low mood, thoughts of self-harm, sleep hygiene, phobias, panic management, thought challenging or worry management. If you are concerned that your child is experiencing any of these concerns, please speak to their class teacher, Paula Woodward who can explain more and support the referral process.</p> <p>We also offer a drop-in session to come and talk to the EMHP or a member of the wellbeing team to seek advice and support.</p> <p>Contact: 01562 751788</p>

There is a range of support and advice online, via apps and through a variety of charities:

Andy's Man Club (Groups for men) http://andysmanclub.co.uk/	ChildLine 0800 1111 https://www.childline.org.uk	Rethink Mental Illness 0300 5000 927 https://www.rethink.org/
Anxiety UK 08444 775 774 https://www.anxietyuk.org.uk/	Mental Health Foundation https://www.mentalhealth.org.uk	SANE 0300 304 7000 http://www.sane.org.uk
Balance An APP that is free for the first year.	MIND 0300 123 3393 or text 86463 http://www.mind.org.uk	Samaritans 116 123 (24-hour helpline) http://www.samaritans.org/
CALM Campaign against living miserably https://www.thecalmzone.net/help/get-help/	QWELL Online mental wellbeing community. https://www.qwell.io/#offering	SHOUT Text shout to: 85258 (24 hours, 7 days a week) https://giveusashout.org/

There are times when children struggle to process events that have taken place within their life i.e. a bereavement, separation of parents or a falling out between a group of children (either online or face-to-face). At these times some children may struggle to regulate their feelings and emotions; they may also find it difficult to put into words how and why they are feeling the way they are. The Wellbeing team have many strategies to support children: time away from the classroom to reflect, have a chat through our check-in process may sometimes be all that is necessary to help, for other children a planned strategy of support may be put in place.

The Den Wellbeing Room	Miss Plant and Mrs French work with small groups in our forest themed 'Den' wellbeing room. The Den is designed as a space for children to feel safe, calm and supported. There is a range of activities organised in such a way that the space can be child-led where necessary or a series of activities will be planned to support particular groups of children over a number of sessions.
TIS (Trauma Informed Support)	We are lucky to have two TIS (Trauma Informed School) practitioners in school supporting children who have experienced childhood trauma and/or ACES (adverse childhood experiences). The ethos of this support is to provide children with an emotionally available adult who understands the impact of trauma and to help children process and work-through their emotions. Each session is very much child led and aims to provide well-being strategies and tools, time to listen and reflect well before a child might develop poor mental health.
Thrive	We have three members of staff who are Thrive trained (Mrs McLean, Mrs Plant and Miss Caleb). Thrive is a nurturing approach programme that focuses on children's social and emotional development through activities and taught strategies.
Lego Therapy	Miss Caleb works alongside particular children using Lego as a tool to focus on and support: communication with others, social skills, solving problems using different strategies, identifying and talking about feelings, perseverance and resilience, fine motor skills.

<p>School Therapy Dog</p> 	<p>Harvey comes to school to support children across school. This support might be over a number of weeks if a child is experiencing mental well-being concerns and sometimes it might be a one-off support if a young person is having a wobbly day. Harvey is always very happy to have a story read to him, have a cuddle and/or a groom, go for a walk and loves to play fetch with a ball.</p>
<p>Wellbeing Breakfast Club</p>	<p>Our wellbeing breakfast club starts at 8:10 am and aims to support individual children and/or families have a positive and calm start to the day. Breakfast is provided and there is no charge for this provision. The club is supervised by members of the wellbeing/safeguarding team who all have a good understanding of the needs of individual children. A range of short activities are organised for children to have either quiet time or play with their peers.</p>
<p>Lunch Club</p>	<p>Our lunch club provision provides children with a calm safe space in the middle of the busy school day where they can have their lunch and enjoy some quiet time.</p>
<p>Forest School</p>	<p>As well as our curriculum-based forest school provision, small groups use the forest to support individual needs i.e. wellbeing, mental health, ASD, emotional wellbeing.</p>

<p>Parenting Support</p>	
<p>Chestnut @ Franche</p>	<p>Our aim is to bring the community of Franche and the surrounding area together and increase social mobility. We encourage people to get involved and to be supportive to one another fostering a strong community spirit, to support parenting and family life.</p> <p>We currently offer a timetable of activities to support positive relationships within the community, signpost families to other groups or support and to allow school to support families who may need a bit of extra help i.e. isolation of parent/child; support with child development; access external services; to support learning and improve health and wellbeing.</p> <p>We continue to develop positive partnerships through support to all ages:</p> <p>Stay and play sessions for families of babies up to pre-school children throughout the year (inclusive of holiday periods). The sessions support a child’s development in all areas of learning through supervised play alongside their parent/carer. Sessions are designed to also provide ideas for activities to do in the home.</p> <p>Partner with SALT to offer broad range of courses to support parents of children with language and communication needs to create improved home learning environment to include ‘Talking Walk-in clinics’ and focused intervention groups.</p>

Tots Splashtime, early water confidence courses for families of children ages 0 – 3.

Baby Massage courses are offered to new parents to support bonding and attachment between parent and baby. Offering an environment where children’s personal interests are encouraged through sensory and creative activities. Sessions are designed to teach and enable parents to continue massage in the home. They will provide an opportunity for families to socialise and engage with the wider community, meet new people, develop parenting techniques and have opportunities to access other services and activities.

Franche also offer space for parenting courses and workshops to include, **food hygiene, healthy eating and functional skills**. Partner with local trainers and family learning providers.

Example activities at Chestnut @ Franche:

Chestnut @ Franche Weekly Activities Monday 29th April 2019 - Friday 29th May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Talking Walk-in Drop-in 2nd & 4th Monday every month</p>  <p>Pre arranged appointments 9.30am—10.30am</p> <p>Drop-in 10.30am—11.30am</p>	<p>Musictime</p>  <p>£3.00 per child</p> <p>9.10am—10.10am</p>	<p>Fun @ Franche (stay & play)</p>  <p>£2.00 per child</p> <p>09.10am—10.10am</p> <p>Tots Splashtime 5 week course</p>  <p>10.30am—11.15am (10 min before paid time) Call to book</p>	<p>Watch this space for new activities starting on a Thursday soon!</p> 	<p>Marvelous Mess Messy Play session</p>  <p>£5.00 per child</p> <p>9.15am—10.45am</p>
Afternoon	<p>For information on any of our services call 01562 751788</p>  <p>@chestnutp1 & chestnut@francheprimary</p>	<p>Little Chestnuts Stay & Play</p>  <p>£2.00 per child</p> <p>1.00pm—2.30pm</p>	<p>Don't Forget!</p> <p>Enjoy a fun family day out! Dudley Zoo & Ironbridge Museums</p>  <p>Family passes are £5.00 and a refundable £10.00 holding deposit.</p> <p>For more information on how to borrow our family passes please call: 01562 751788</p>	<p>Baby Massage</p>  <p>£2.00 per child 16 March 2019</p> <p>4 week course 1.30pm—2.20pm Call to book</p>	

All staff will do their very best to provide early help support to families and carers to bring about the best outcomes for families. Please speak to any member of the team who will give you advice or suggest a member of the Wellbeing Team contact you directly.

Contact school: 01562 751788

Or email safeguarding@francheprimary.worcs.sch.uk

