Early Help Offer

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At The Willows Primary School, we believe the health and well-being of our children underpins every aspect of school life. Every family faces different pressures and difficulties at different times. Through our school values, and working alongside parents, we can offer early help and support, or signpost to other services to help families through difficult times and prevent them from falling into crisis. Asking for help is often hard, but please be assured the staff at The Willows aim to provide support, advice and guidance in a friendly, confidential and non-judgemental manner.

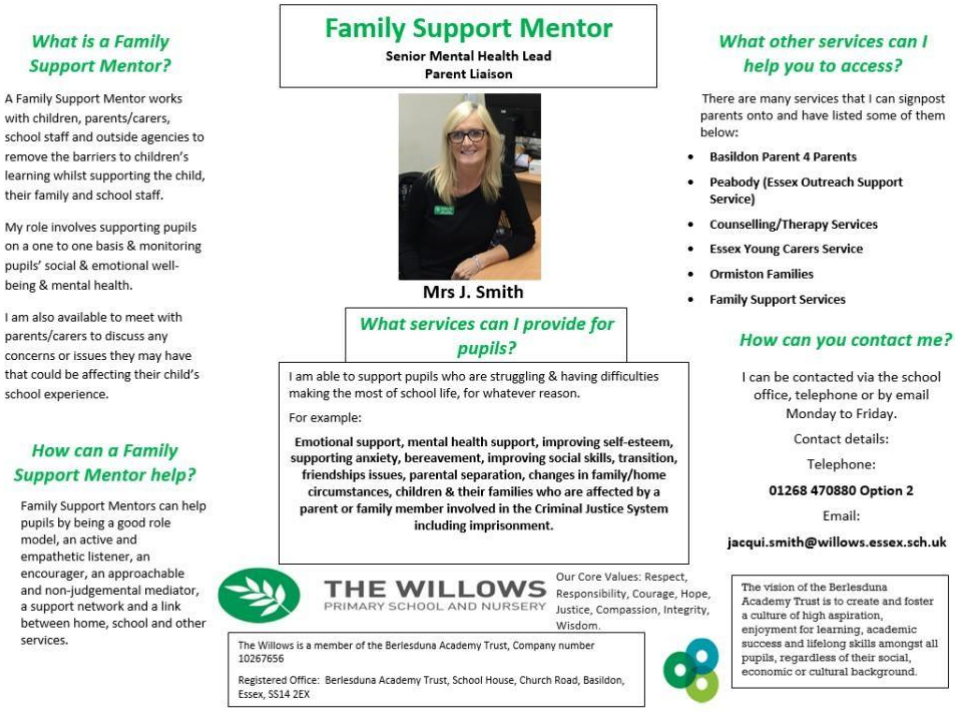
SLT

Our Senior Leadership team has an open door policy. We believe that relationships here at The Willows are the most important part of our ethos and we encourage children to talk to us about issues that are affecting them. SLT are always contactable by using the email: admin@willows.essex.sch.uk or by calling 01268 470880

Family Support Mentor (FSM): Mrs Smith

We have a Family Support Mentor, which parents can access via:Jacqui.smith@willows.essex.sch.uk or by calling 01268 470880 ext: 208

Our FSM works holistically and effectively with parents in ways that will improve their child's well-being. She offers a non-judgemental, confidential, listening ear to families, recognising their concerns and barriers to current systems.



Sensory & Nurture Lead/Autism Champion

We have a Sensory & Nurture Lead who supports children with Social, emotional well-being and mental health. Please see the information below:

What other help can I provide?

I can offer help and support in the following areas:

- Sensory integration
- Understanding a diagnosis of autism (ASD)
- Support with One plan meetings
- To ensure right resources are available to support ASD learning and regulation
- PECs (picture exchange communication)
- Object of reference
- Intensive Interaction

How can you contact me?

I can be contacted via the school office, telephone or email Monday to Friday

Contact details:

Telephone:

01268 470880 ext 208

Email

tracey.clay@willows.essex.sch.uk

The Willows Primary and Nursery

Is a member of the Berlesduna Academy Trust

Company No: 10267656

Registered office:

Berlesduna Academy Trust

School House

Church Road

Basildon

Essex SS14 2EX

Sensory & Nurture Leader

Autism Champion



Mrs T. Clay

THE WILLOWS
PRIMARY SCHOOL AND NURSERY

Tel: 01268 470880 Ext 208

How can a Sensory & Nurture Leader help?

A Sensory and Nurture Leader can help by being a good rule model, an active and empathetic listener, an encourager, an approachable and a non-judgemental mediator a support network and a link between home and school.

I promote the pro-social feelings of everyone in the school dynamic

What services can I provide for pupils?

- **Emotional support**
- **Mental health support**
- **Improving self-esteem**
- **Supporting anxiety**
- **Improving social skills**
- **Friendships issues**
- **Drawing & Talking**
- **Therapeutic sand play**
- **Zones of regulation**
- **Working together with Lego**
- **Volcano in my Tummy**
- **PECS (Picture exchange communication)**
- **Object of reference**

What is the role of a Sensory & Nurture Leader

My role involves supporting pupils on a one to one basis & monitoring pupils' social, emotional well-being & mental health.

I am also available to discuss with parents/carers any concerns or issues they may have that could be affecting their child's school experience.

Our Core Values: Respect, Responsibility, Courage, Hope, Justice, Compassion, Integrity, Wisdom.

The vision of the Berlesduna Academy Trust is to create and foster a culture of high aspiration, enjoyment for learning, academic success and lifelong skills amongst all pupils, regardless of their social, economic or cultural background.

BERLESDUNA
ACADEMY TRUST

Senior Mental Health Lead

Jacqui Smith is our Senior Mental Health Lead. Jacqui completed training a few years ago and is also a Mental Health First Aider. Jacqui is the first point of contact for the school and organises referrals and relevant workshops for the children. In addition, Jacqui supports tha DSL and Inclusion manager with training.

Behaviour in school

Mrs Adams is our Behaviour support mentor and Lunchtime supervisor. She supports children who find this time of day difficult. This involves directing children to games and solving issues. Issues are investigated thoroughly, taking into account everyone's point of view. Solutions are found when issues arise. Directing sports coaches to deliver particular training that helps children play positively.

Lunch clubs

Our KS1 and KS2 lunch clubs promote peer social acceptance, providing opportunities to socialise with peers at lunchtime in a structured environment. Our lunch clubs will also help improve social cues and interaction, which can lead to new friendships. The children have the opportunity to increase their interests, knowledge and skills.

Counselling in school

We have a counselling service that are available in school. This is to support children and is delivered by Re-new Counselling.

Areas around the school to support mental health and wellbeing

We have areas across the school including:

The Nest in EYFS

Explorers room in KS1

Discovery room in KS2

Sensory room

Caterpillar Den provision

Calming corner

PSHE & Relationships Education

Children follow the PSHE and HRSE scheme of work at The Willows which meets statutory requirements and is carefully designed to ensure progression across areas including: New Beginnings, E safety, Myself and my relationships, Life education, Citizenship, Healthy & safer lifestyles, Economic wellbeing and SRE.

Online Safety

On our school website there is a wealth of information and links to Online Safety support. Please look on here to find out more about how to keep your child safe online including how to install parental monitoring and security apps.

Pupil Voice

Our class councillors and Eco ambassadors are available to discuss topics around all areas including Wellbeing. They are the voice for the children.

General Family support

There are many local and national resources to help children and families using the link below:

Directory of services | Essex County Council

The services below are what our Safeguarding team use frequently to support our children and families:

Essex Child and Family Wellbeing Service www.essexfamilywellbeing.co.uk

- Essex Child and Family Wellbeing Service Tel: 0300 247 0014 North Essex Tel: 0300 247 0015 South Essex Tel: 0300 247 0013 West Essex Tel: 0300 247 0122

Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS. The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing. We're able to see children and families in the community, your own home or at school. Our aim is to accurately identify all SEND children across Essex, working with families, the local authority and schools to offer an appropriate level of support. Any child identified with SEND will be guided through a bespoke pathway of interventions focused on preparing them for the next stage of life. The service offers support for young people with special educational needs and disabilities up to the age of 25 Essex Child and Family Wellbeing Service across Essex can offer; Education resources, Support and advice, Parenting support groups and Specialist equipment. Additional services Essex Child and Family Wellbeing Service offer specifically for West Essex are: Children's community nursing Services, Speech and Language therapy, Occupational and physiotherapy, Community developmental paediatricians, Allergy and Dietetics services.

Home Start Essex

www.home-startessex.org.uk

- Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3ST Tel: 01245 847410 Email: info@home-startessex.org.uk Web: AGED 7 and younger Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday

challenges, and widen their support network locally. Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life that is when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children. Jan – March 2024

Parents 1st www.parents1st.org.uk

- 01268 525758
  The Essex Peer to Parent Network offers personalised support during pregnancy or anytime during the first year after birth across the whole of Essex. An expectant or post birth parent can request a Link Worker to make contact with them anytime during this period. We work to strengthen emotional wellbeing during this important time through easier access to quality peer support. A Link Worker can connect parents with local peer support initiatives and services operating in their area. They may also offer some peer support themselves. Peer Support Link Workers can help parents to: Explore what support or activities might be useful to them; Take steps to keep well, feel confident, listened to, and supported and access and link in with groups, activities, and local services. Peer Support is informal support, one parent to another. It complements but does not replace clinical care. To make a referral, simply complete our online referral form

Child to Parent abuse – P.E.G.S www.pegsupport.co.uk

- All Essex Child to parent abuse | Parental Education Growth Support (PEGS) View website for referral form

Parental Conflict

- There are number of online resources for addressing parental conflict and the impact on the children.
- www.citizensadvice.org.uk/family/making-agreements-about-yourchildren/makingchild-arrangements/ Making child arrangements - Citizens Advice
- Gingerbread Gingerbread
- Family Lives Parenting and Family Support | Family Lives
- CAFCASS Parenting Together Supporting your child through divorce and separation Cafcass
- Better Divorce Better Divorce Course – A course to support & encourage people to achieve a better divorce
- Essex Mediation Service Family and Civil Mediation

Live well Campaign Me, You and Baby Too – a OnePlusOne programme
http://www.tavistockrelationships.org

Bereavement

- St Luke's Hospice www.stlukeshospice.com

Tel: 01268 524973 Website: www.stlukeshospice.com

Basildon and Thurrock St. Luke's Hospice provides specialist palliative care for people living with any life threatening, life limiting disease. This often means cancer but also includes other illnesses that are no longer curative, such as Heart Failure, Multiple Sclerosis, Chronic Obstructive Pulmonary Disease or Motor Neurone Disease for example. Care and support is offered through a wide range of services that are tailor made to meet the needs of individuals. This care is extended to carers, families and friends.

Young Carers

- www.carerschoices.org/young-carers

Carers Choices Tel: 01268 881130 Email: care@carerschoice.org

Address: The White House, Rear of Council Offices, Kiln Road, Benfleet SS7 1BU (SS7 1TF) We support young carers in Castle Point, Basildon and Wickford. The project was developed in April 1997 to identify and support Young Carers. The scheme is part funded by ECC and works in partnership with social services, schools and local agencies ensuring that Young Carers have the opportunity to meet with their peers and gain valuable support. Since we began we have identified an increasing amount of Young Carers and thanks to the support of our team and funders will continue to do so.

BOSP (Brighter Opportunities through Supported Play)

Tel: 01268 553117 Email: enquiries@bosp.co.uk

www.bosp.co.uk

Address: The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex, SS16 4UH BOSP offers regular clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years onwards. BOSP aims to develop the children and young people's independence, self-esteem and social skills in a supportive environment. BOSP has a high staff ratio so that medical and behavioural needs can be met and to help foster independence and life skills. BOSP is based in Billericay, The Pioneer School in Basildon and offers Out and About activities. Activities & Services

Children affected by imprisonment

Breaking Barriers - Ormiston Families : Ormiston Families

Mental Health

Basildon Mental Health Team

Tel: 01268 243500 Crisis Resolution Team: 01268 243514 NHS SERVICES

SET CAMHS www.nelft.nhs.uk/set-camhs

Referrals: set-camhs.referrals@nelft.nhs.uk

Main number Monday - Friday 9:00 – 17:00 (excluding bank holidays): 0800 953 0222 Southend,

Essex and Thurrock Child and Adolescence Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties. The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0- 18. Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

Out of Hours Crisis Support: 0800 995 1000

Mid and South Essex Community Collaborative

Crisis Response Team – 111

Adult Specialist Social prescribers with SEND

Email: Mseicbbb.specialistsocialprescribing@nhs.net Tel:07707 163784

The service will support individuals who meet the criteria listed to the right and work with them face-to-face or virtually to meet their stated health goals. The team will offer tailored interventions as well as supportive sign posting to other services, including a warm handover. Addictions, Anxiety, Autism, Depression, Domestic violence, Drugs/alcohol misuse, Isolation, Learning difficulties and disabilities OCD Physical disabilities, Serious mental health, including psychosis, bi-polar, schizophrenia, Suicidal attempts Suicidal thoughts Suicide and bereavement B

Vita Minds

Areas covered: Basildon and Brentwood Tel: 01268 977171 Email: enquiries@vhg.co.uk Website: www.vitahealthgroup.co.uk/nhsservices/nhs-mental-health Vitaminds is the name of our NHS Mental Health Psychological Therapies (IAPT) Services. Improving Access to Psychological Therapies (IAPT) services have been developed to provide talking therapies to help. One in four off us will be affected by a mental health problem at some point in our lives. Vitaminds provides easy access to talking therapies near you.

Mind - South East and Central Essex www.seandcessexmind.org.uk

Tel: 01702 601123 Email: office@seandcessexmind.org.uk

Our mission is to ensure everyone susceptible to or experiencing mental health issues is given all the help, support and guidance needed to enable them to cope more easily and effectively and to intervene as early as possible to ease the situation for those people and their families.

Our aims are to: - To change outcomes for those we work with. - To help more people. - To become more organisationally effective. Upholding our values are paramount to us. We will always operate in a professional and nonjudgemental way in order to minimise stigma and fear of mental ill health. We will always respect others and not discriminate based on race, creed, colour, sex, language, religion, political or other opinion, national or social origin, birth or other status, disability, age, marital and family status, sexual orientation, gender identity, health status, place of residence, economic or social factors. We will be compassionate towards everyone we come into contact with and will deliver our services with honesty, professionalism and accountability within a framework of a sustainable business model. Services include: - Drop ins - Individual support (Counselling & talking therapies) - Peer support - Supported Housing - Trauma Programme

Housing

Basildon Council www.basildon.gov.uk

Tel: 01268 533333 Email: customerservices@basildon.gov.uk Website:

Benefits • Housing Services

Basildon Borough Baby Bank Tel: 07740165941 E-mail: basildonboroughbabies@outlook.com Website: Visit the website Facebook: Visit the page Basildon Borough Baby Bank's sole purpose is to help families in need within the Basildon Borough, by providing pre-loved donations of essential baby/children items such as clothing and nappies, as well as maternity wear and products needed for mother after giving birth. Monetary donations go towards brand new items that cannot be donated and revenue items, such as storage and petrol costs. We give this support to help give their child the best start in life. Parcel contents are subject to need and inventory restrictions. We work in partnership with other local baby banks and charities

Basildon Emergency Night Shelter Tel: 07970096319 E-mail: shelterlinks16@gmail.com Website: Visit the website Facebook: Visit the page Address: Audley Way Basildon This year the shelters open on Sunday, 11th November and run until the end of March. 7 nights a week. Doors open 9.30 or 8.30pm and close 8 am

Financial/cost of living

Peabody Tel: 0800 28 888 83 Email: efsco-ordinator@peabody.org.uk Website: www.peabodycareandsupport.org.uk/essexoutreach-support/ Having trouble with rent arrears or finding it difficult to get around your home. Or perhaps you need some help with applying for benefits. Whatever support you need, our skilled support workers can help Please visit website for full details

National Debtline Tel: 0808 808 4000 www.nationaldebtline.org National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat. Step change Tel: Tel: 0800 138 1111 StepChange Debt Charity. Free Expert Debt Help & Advice As well as a full debt help service, StepChange provides extra support to vulnerable people, including those with mental health issues, for example, help completing forms or with benefits checks. StepChange says it’s important to let its counsellors know about your condition, so you can get additional support

Food banks

The Trussell Trust Food Bank Address: Pitsea Leisure Centre, Northlands Pavement, Basildon, SS13 3DW Tel: 01722 580180 or 07424660862 Open Tues 19:30 – 21:00 Friday 12:30 – 14:30 enquiries@trusselltrust.org

Salvation Army Address: 148 London Rd, Hadleigh, Benfleet, SS7 2PF Opposite Morrisons Tel: 01702 558913 Open 9am - 12:30pm every day

Hate Crime

Stop hate UK

Email: info@stophateuk.org

Educational Settings - Stop Hate UK - offer support to educational setting, and courses for young people at senior school These workshops are effective as standalone sessions but also work well when delivered as a set, which builds to encourage young people to take responsibility for shaping the world they will live in, where people of all characteristics and backgrounds are accepted and protected from hate.

EARLY INTERVENTIONS
Home Start
Families in Focus
Essex Child and Family Wellbeing Service (ECFWS)
SNAP
CAMHS
Parental Education Growth Support - PEGS (Child to parent abuse)
Basildon Parents4Parents
Action for Children
Place 2 Be
Anna Freud (National Centre for children and families)
National Sleep Helpline
NSPCC
Mind
Young Minds
Peabody
Ormiston Breaking Barriers (Parental Imprisonment)
Children Heard + Seen (Parental Imprisonment)
Luke's Bereavement Counselling Service
Papyrus – Prevention of Young Suicide
Craig Tyler Trust – Suicide Prevention and Support
RENEW Counselling Service