



St Barnabas CE First and Middle School

Supporting Families 2025 -26

Introduction to Early Help at St. Barnabas CE First and Middle School

Key Personnel and job roles

DSL - Mrs Elizabeth Whetham (Executive Headteacher)
DDSL - Mrs Louise Reeder (Deputy Headteacher)
DDSL - Mrs Sharon Harding (HLTA)
DDSL - Miss A Holden (TA – Early Years)
Safeguarding Governor – Tom Spaughton



Early Help

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.

Early Help is led by Mrs Louise Reeder, DDSL and Deputy Headteacher. She is supported by the Executive Headteacher and other DDSLs in school when making decisions about the type of support families need.

Providing early help to our pupils and families at *St Barnabas CE First and 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.

St Barnabas follows the Worcestershire guidance: Worcestershire Safeguarding Children Partnership provided by Worcestershire County Council - [JN2526.179 Herefordshire and Worcestershire Levels of Need](#)

Early Help can support children and their families who may be struggling with:

- Routines and family rules
- Families who may be not eating healthy food
- Keeping to a healthy lifestyle
- Children who are 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 have special educational needs (SEND)
- Children who may becoming involved in antisocial 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.

Our School Early Help Offer

Our school is committed to identifying emerging needs at the earliest opportunity and providing timely, proportionate support to children and families. Early Help is a collaborative approach that aims to reduce risk, strengthen resilience, and prevent difficulties from escalating. We work in partnership with parents, carers, external professionals, and the wider community to ensure that every child receives the right support at the right time.

What the School Can Offer

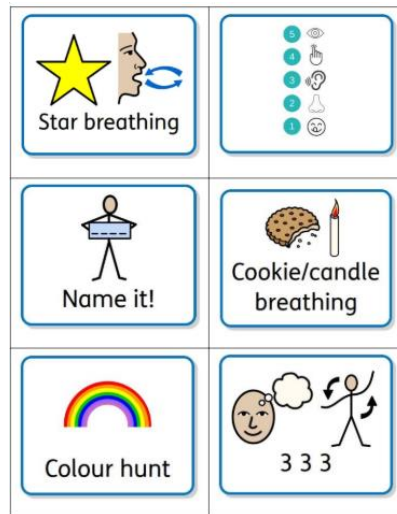
We provide a graduated and flexible range of Early Help interventions, designed to meet a variety of social, emotional, behavioural, and practical needs. These include:

- **Emotional and Wellbeing Support**
 - Access to school-based emotional literacy programmes (e.g., ELSA, “Once Upon a Feeling...”, nurture/ pastoral groups, other ECC programmes)
 - Other pastoral interventions, i.e. regular check-ins, feelings cups, etc.
 - Small-group interventions and/ or therapies



- **Behaviour and Inclusion Support**
 - Individual behaviour plans or pastoral support plans
 - Safe spaces and calm rooms, e.g. The Nest
 - Safety and positive handling plans
 - Risk assessments, including child-on-child and harmful, sexual behaviour

- Practical strategies for emotional regulation and positive behaviour, i.e. Emotion Toolkit



- **Health and Medical Support**
 - Liaison with School Nurse and health professionals
 - Support with toileting, continence concerns, hygiene, and medical management where appropriate
 - Assistance with referrals to external health services (e.g., paediatrics, CAMHS)
- **Family Support and Guidance**
 - Support with routines, boundaries, attendance, and home–school communication
 - Practical advice and signposting to community and voluntary services
 - Help in accessing financial, housing, or parenting support



Examples of Early Help in Practice

- A child struggling with emotional regulation receives daily check-ins, access to a safe space, and weekly emotional literacy sessions.
- A family experiencing bereavement is offered a bereavement referral and additional pastoral support in school.
- Attendance concerns prompt a home–school plan, increased communication, and support to establish routines.
- A child showing early signs of anxiety is offered nurture group sessions, reduced sensory load in class, and a graduated exposure plan for identified triggers.
- A child with toileting difficulties receives discreet support, regular reminders, and liaison with the School Nurse to develop an appropriate care plan.

When it comes to Early Help, there are different levels of need:



Levels of need for children and young people	Our school offer
<p>Level 1 need Universal services Represents children and young people with no identified additional needs. Their needs are met through the routine access to services such as early years, education and health services, such as the GP or hospitals. Some may also be receiving services from housing and voluntary sector organisations. Most children and young people will successfully develop and thrive at this level of need. These are known as universal services available to all children and young people. (see appendix 1 for examples).</p>	<p>No extra support required.</p> <p>Support with inclusion, medical, behaviour and emotional wellbeing needs form part of our universal offer.</p>
<p>Level 2 needs Additional needs Represents children with additional presenting needs which require school to seek some external support, possibly through a referral.</p>	<p>When our universal offer is not enough to support child, we will communicate with parents. With parental consent, the school can support or initiate referrals to:</p> <ul style="list-style-type: none"> • MELO or other emotional wellbeing services • Bereavement support providers • Educational Psychology • Speech and Language Therapy • School Nursing Team • Rainbow Trust • Winston’s Wish • PEGs • Helping Hands • Young Carers

	<ul style="list-style-type: none"> • CAMHS <p>We track and monitor pastoral support interventions and referrals as part of our vulnerable learners tracker in school.</p>
<p>Level 2+ needs Multiple additional needs</p> <p>Represents children with additional presenting needs which can include parenting support, emotional well-being, housing, finances, and vulnerabilities in their community known as contextual safeguarding. These extra needs can be met by a universal service providing single agency additional support and/or co working with one or more partner agency or voluntary agencies to address the identified additional needs. An offer of early help and support will build on a family's existing strengths and should be focusing on whole family working to support parents and carers respond to the child identified needs, safety and well-being with a focus on addressing and preventing an escalation of those needs and vulnerabilities.</p>	<p>When more than one service is being accessed and/ or a child's learning or wellbeing is affected (attendance, punctuality, behaviour, friendship or social challenges, daily pressure or life changes, additional learning or development needs,) an Early Help assessment will be offered.</p> <p>An Early Help assessment plan is a supportive meeting designed to help children and families when extra support may be needed. It is not a child protection process and does not mean anyone is in trouble. Early Help is about identifying needs early and working together to prevent difficulties from becoming bigger.</p> <p>What is the purpose of the meeting? The meeting brings together parents/carers, school staff, and sometimes other professionals to:</p> <ul style="list-style-type: none"> • Understand what is going well for the child • Identify any challenges they may be facing • Listen to the views of the child and family • Agree practical support that can help at home and school • Create a clear plan with shared goals <p>The aim is to make sure support is coordinated, early, and focused on the child's wellbeing.</p> <p>Meetings take place every 6-8 weeks to review targets.</p>
<p>Level 3 needs Targeted support</p> <p>Represents children and young people who have complex needs themselves and/or that of their family, which impacts upon their well-being, their needs being met, their safety and family life. This may include multiple adverse childhood experiences, risk of family breakdown, poor emotional and mental health, inadequate parenting, domestic and/ or substance misuse. They will require several</p>	<p>Level 3 Targeted Support is for children and families who need more coordinated help from several services because challenges are more complex or persistent.</p> <p>It is still part of early support, not child protection, and does not mean a child is at risk of harm. The aim is to make sure the right help is provided before difficulties escalate.</p> <p>Level 3 means:</p>

<p>agencies working together in partnership with the family in a coordinated way to help the family address their needs, make changes and improving the family functioning and outcomes for the children. (see appendix I for examples).</p>	<ul style="list-style-type: none"> • Needs are greater than what one service (like school) can meet alone • Several professionals may need to work together • Support may be required over a longer period • <p>This is often called Targeted Early Help or Multi-Agency Support.</p>
<p>Level 4 needs Statutory Child Protection Intervention Represent children who need statutory and/ or specialists agency interventions including: Children with acute mental health needs Children young people who have committed a criminal offence Children in need, including those in need of protection and those who are privately fostered. Children in care</p>	<p>Level 4 support is provided when a child’s needs are serious, complex, or place them at risk of significant harm, and statutory services (Children’s Social Care) need to be involved to ensure the child’s safety and wellbeing. The purpose of Level 4 support is to protect children and support families to make changes, not to blame or punish.</p> <p>What does “Level 4” mean? Children’s Services use levels to describe how much help a child or family may need. Level 4 means:</p> <ul style="list-style-type: none"> • Concerns are significant • The child’s safety, wellbeing, or development may be at risk • Children’s Social Care must assess the situation <p>This is sometimes called a statutory assessment.</p>

Local Services

<p>Family Hub</p>	<p>Virtual Family Hub Worcestershire County Council</p>
<p>Ready Steady Worcestershire - Holiday Activities and Food (HAF) Programme</p>	<p>Ready Steady Worcestershire - Holiday Activities and Food (HAF) Programme</p>
<p>Youth and Community Centre</p>	<p>Persore Riverside Centre</p>

Foodbank	<p>Persnore Foodbank Worcester Foodbank</p> <p>Contact Mrs Whetham: ewhetham@st-barnabas.dowmat.education</p>
Early Help Family Support District Team –	<p>Early Help family support district teams Worcestershire County Council</p> <p>Contact details: 01905 843339 FamilySupport@worcschildrenfirst.org.uk</p>
Library	<p>Worcestershire Libraries</p> <p>Persnore Library Worcestershire County Council</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 | Starting Well \(startingwellworcs.nhs.uk\)](#)

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 0300 123 9551 (Monday – Friday 9am till 3pm). A Health Visitor will assist you over the phone with any worries, concerns, or questions you have.

[School Health Nursing | Starting Well \(startingwellworcs.nhs.uk\)](http://startingwellworcs.nhs.uk)

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 | Starting Well \(startingwellworcs.nhs.uk\)](http://startingwellworcs.nhs.uk)

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 \(onside-advocacy.org.uk\)](http://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.

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

[Reach 4 Wellbeing | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](http://hacw.nhs.uk)

The **Reach4Wellbeing** team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children and young people aged 5-18 experiencing mild to moderate anxiety and low mood.

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

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

[Home | Healthy Minds \(whct.nhs.uk\)](http://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 is 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 provides 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 \(hacw.nhs.uk\)](http://hacw.nhs.uk)

WISH offers 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 has a dedicated Outreach nursing service. Referral forms can be found at www.knowyourstuff.nhs.uk. The Outreach team sees 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 \(sh24.org.uk\)](http://sh24.org.uk)

Bullying (including Cyberbullying)

If you are concerned about 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.

The following links will provide you with more information if you or someone you know is being bullied:

[Anti-Bullying \(worcestershire.gov.uk\)](http://www.worcestershire.gov.uk/anti-bullying)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe-articles/helping-children-deal-with-bullying-cyberbullying/)

<https://www.kidscape.org.uk/resources-and-publications/>

How does St Barnabas deal with bullying?

Bullying is rare. However we are not naive to the idea that repeated incidents of unkind behaviour can occur in schools and we have strong procedures in place to ensure all children feel happy and safe at school.

Our Behaviour Lead is Mrs Louise Reeder. Our Anti-Bullying policy is written alongside the children of St Barnabas and this can be found on our school website: [St Barnabas CE First and Middle School - Behaviour](#)

If the Anti-Bullying policy is invoked, a comprehensive two-week monitoring period takes place. Parents are then informed of the findings and whether the allegation of bullying is founded (substantiated) or unfounded (not substantiated).

If it is substantiated, protective measures will be put in place. This can include but is not limited to:

- Offer pastoral support
- Monitor wellbeing over time
- Restorative conversation (where appropriate)
- Behaviour consequences
- Education about impact
- Social skills or emotional regulation support
- Inform parents of both pupils (within confidentiality limits)
- Share actions being taken
- Emphasise behaviour change and safety
- Check-ins with both pupils
- Monitor friendship groups and social dynamics
- Record outcomes and review
- Bullying behaviour can signal unmet needs (SEMH, SEND, trauma). Schools should consider whether additional support is required.

If it is not substantiated, this does **not** mean the reporting pupil's feelings are dismissed. It means evidence did not confirm bullying under the school's definition. The school will:

- acknowledge feelings
- address situations involving friendship, misunderstandings, unkind behaviour
- offer mediation or restorative discussion, teach conflict resolution skills, monitor interactions

- communicate with parents/ carers

Online Safety

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

<https://www.thinkuknow.co.uk/parents/>

[Online safety | Barnardo's \(barnardos.org.uk\)](#)

<http://educateagainsthate.com/>

www.internetmatters.org

<https://www.bbc.com/ownit/the-basics/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](#)

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-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 | Worcestershire County Council](#)

CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships. [Children and Young People Services | West Mercia Women's Aid \(westmerciawomensaid.org\)](#)

[Virtual 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 \(opens in a new window\)](#)

[DCSFtalktoyourchild.pdf \(www.nhs.uk\)](#)

SEND (Special Educational Needs and/or Disabilities)

The SENDCo at St Barnabas is Bex Reeder.

Her email is: RReeder@st-barnabas.dowmat.education

Bex Reeder works closely with DoWMAT SENDCo, Clare Stockford.

Her email is: clare.stockford@dowmat.education

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

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

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

[Social care support for children with disabilities | Worcestershire County Council](#)



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](#)



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](#)

How does St Barnabas support Young Carers?

If your child has a sibling who is neurodiverse, this means that they may have a caring role within the home. Contact Mrs Whetham or Mrs Louise Reeder if you feel that your child may qualify for support. We refer new children each year and children benefit a great deal from the support we can offer in school. Our group of Young Carers is called Kinnect and they meet weekly as part of our enhanced complementary curriculum offer.

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:

Worcester Job Centre Plus, Haswell House, Sansome Street, Worcester, WR1 1UZ
Telephone: 0845 6043719

Citizen's Advice Bureau [Worcester Citizens Advice Bureau and WHABAC \(Worcester Housing and Benefits Advice Centre\) \(citizensadviceworcester.org.uk\)](#)

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

[Parenting, health and wellbeing, housing and relationship support | Worcestershire County Council](#)

Parenting Support

The Starting Well Partnership offers a range of parenting support, information, groups, and courses. For information on the groups available please visit: [Parenting groups | Starting Well \(startingwellworcs.nhs.uk\)](#)

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 | South Worcestershire \(home-startsw.org.uk\)](#)

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

[Swanswell - Cranstoun](#)

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: [About Us | 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 [What is get safe? | Worcestershire County Council](#) 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.