

Supporting Families Offer



Little Bo Peep Ltd is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.” Providing Early Support to our children and families at Little Bo Peep means we are more effective in promoting support as soon as we can.

Supporting families means providing support as soon as a problem emerges, at any point in a child’s life, beginning with the start of our children’s journeys at Little Bo Peep. We endeavour to create an ethos that promotes trust between all adults and children, so that all children know that the staff who care for them through their journey at Little Bo Peep make them feel safe and secure. We believe that safeguarding is everyone’s responsibility. Claire Hull (Senior Manager) is our Designated safeguarding lead, Sophie Reeves (Deputy Manager at Nursery) and Toyah Riley (Deputy Manager – Pre-School) are Deputy Designated safeguarding leads. Jenn Tanner (Preschool) Jayne Robins (Preschool) and Liz Rouse (Nursery) are also Deputy Designated Safeguarding Leads. All staff receive annual safeguard training through the DSL, as well as regular updates through continuous professional development. Any new staff receive the full safeguard training, again delivered by the DSL as part of their induction to the company. The diagram below shows the range of needs at different levels. We use this graduated approach to make sure we provide the best support for different families’ individual situations.



Providing early support to our children and families at Little Bo Peep means we are more effective in promoting support as soon as we can. Early support means providing support as soon as a problem emerges, at any point in a child’s life, from babies through to teenage years.

Working Together 2018 identifies that: “effective early help relies upon local organisations and agencies working together to:

- identify children and families who would benefit from early support
- undertake an assessment of the need for early support

- provide targeted early support services to address the assessed needs of a child and their family which focuses on activity to improve the outcomes for the child

Local authorities, under section 10 of the Children Act 2004, have a responsibility to promote inter-agency co-operation to improve the welfare of all children. Local organisations and agencies should have in place effective ways to identify emerging problems and potential unmet needs of individual children and families. Local authorities should work with organisations and agencies to develop joined-up early support services based on a clear understanding of local needs. This requires all practitioners, including those in universal services and those providing services to adults with children, to understand their role in identifying emerging problems and to share information with other practitioners to support early identification and assessment”.

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

- Routines and family rules
- Families who may not be 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 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 support 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 support is important for any setting.

Local Services in Worcestershire



The 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.



Early support 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](#)

Children's Centres in Worcestershire

Children's Centres in Worcestershire are run by lots of different providers. Many of them are run by schools and early years settings (e.g. nurseries) providing childcare, antenatal and postnatal services and in some cases extra services, such as speech and language and family support, to meet the needs of families in their local area.

As well as the centres run by schools and settings, there is at least one Children's Centre in each district that is run by Parenting and Family Support providers who Worcestershire County Council commission (fund) to deliver groups and support to parents and families. Activities such as stay and play groups, baby massage and breastfeeding support groups continue to be delivered across Worcestershire and are often run by trained volunteers or independent groups. You can find your local children's centre by going onto the family hub link.

SEND (Special Educational Needs and/or Disabilities)

As a setting we believe that every child is unique, it is important that we treat the children as individuals and support their needs. Our staff are trained to aid children and offer additional support where needed. We have access to different agencies who can offer advice and make sure we are supporting the children to the best of our abilities.

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

Special Educational Needs and/or Disabilities



Information, Advice
and Support Service
Herefordshire &
Worcestershire

SENDIASS

Special Educational Needs and Disabilities
Information Advice Support Services.

SENDIASS offers free, impartial, and
confidential information to families and to
children aged 0-25 years. Its website covers
lots of topics and has advice and support.

Their mission is 'to create a world where all
kinds of kids have all kinds of opportunities'.

Contact details.

01905 768153

sendiass@worcestershire.gov.uk



Worcestershire SEND Local Offer
provides information about provision
families can expect to be available across
education, health and social care for
children and young people who have a
Special Educational Need (SEN) or are
disabled, including those who do not have
Education, Health, and Care (EHC)
plans. You can find information about
resources, services, support, activities,
and local events.

Contact details.

01905 845579

sen@worcschildrenfirst.org.uk



Worcestershire parent and carers' community (WPCC)

Supporting families across the county who have children with special
educational needs and/or disabilities.

This is a charity which aims to bring families out of isolation and ensuring
that they can spend quality time together within their community with
other families. They offer coffee mornings, children's activities, and
events.

Contact details.

07955 688031

Parenting confidently



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Starting Well Partnership has lots of information and resources which are designed to support families. There are dedicated areas for parent wellbeing, parental relationships and reducing parental conflict in the home. Some of the courses they offer include understanding your baby, understanding your teen, understanding your child with additional needs. Etc.

Visit www.startingwellworcs.nhs.uk



The NHS website also signposts links to different areas of support such as, breastfeeding, and bottle-feeding advice, first aid, weaning and food. There is also a dedicated area for advice on mental health.

Visit

www.nhs.uk



This service supports parents within many different circumstances. It offers a support system of a volunteer visiting the family home each week and developing a trusting relationship, the support can be ongoing from 6-9 months, but there is no time limit. They tailor the support they give dependent on the situation, offering choice and working with other agencies.

Visit

www.home-startsw.org.uk



This website offers advice for parents over a range of topics. From early parenting, the development of children, dealing with home and with school life. There are articles on mental health and the option to talk to someone 1.1.

Visit

www.parents.actionforchildren.org.uk

Promoting good mental health and wellbeing



Kooth is an online mental wellbeing community which offers free, safe, and anonymous support. There are also podcasts available, forums and a 1.1 support system with counsellors.

Visit

www.kooth.com



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

The starting well partnership offer the service for children and parents, 'Reach 4 wellbeing' programme, they use Cognitive Behavioural Therapy to improve anxiety and low mood. It also uses Dialectical Behaviour Therapy to develop emotional resilience. The group support they offer are separated into age groups.

Visit

www.camhs.hacw.nhs.uk/reach4wellbeing



in South Warwickshire
and Worcestershire

Mind's mission is to empower individuals to access mental health and wellbeing support within their community and thrive with the support. They offer a range of services from 1.1 support through a 24-hour phone line and a face-to-face option, a peer support system, gardening activities to support healthy minds. There are also learning courses that you can access.

Visit

www.swmind.org.uk



This website signposts the NHS Talking Therapy, which are delivered online, within groups and 1.1.

There is a managing your wellbeing tab which then has links to a wealth of topics such as, anxiety, health anxiety, gambling and addiction, low mood, and depression, losing a loved one, suicide prevention, PTSD etc.

Visit

www.talkingtherapies.hwhct.nhs.uk

Finance, housing, and employment.



jobcentreplus

This website offers employment support, whether looking for a change in career or additional benefits available to support the cost of living your local job centre plus can help. It can also signpost training courses.

Visit

www.gov.uk/find-a-job



citizens
advice

Citizens Advice website has an array of information. Advice can be sought about debt, benefits, and other financial support that may be available. It also provides advice on housing, private renting, homelessness, and council tax advice.

It gives people the knowledge and confidence to be able to move forward within their current situation.

Visit

www.citizensadvice.org.uk



worcestershire
county council

Worcestershire County Council website has a wealth of resources and information on who to contact if you find yourself in financial difficulty. It signposts the Housing Support Fund, Cost of Living Support, and different trusts where you can get support with food and other essential items.

Visit

www.worcestershire.gov.uk



Money
Helper

Money Helper provides support of where to go to get financial support when difficulties arise. It provides guides on paying off debts and other articles.

Visit

www.moneyhelper.co.uk

Babies and Young Children



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

The starting well website is a fantastic tool to support parents with young children. Not only does it provide advice on topics such as baby led weaning and safer sleeping but it also signposts to local family hubs in and around Worcestershire.

If you would like advice the contact details are below:

- Opening times - 9am - 4:30pm - Monday to Friday

You can also call: 01905 520032 during these hours to speak to different members of the Starting Well team



Babies Cry, You Can Cope!

ICON is a new initiative to support parents understand that 'Crying babies is normal'. It provides advice and strategies to support parents and carers navigate these difficult periods.

CRY-SIS National Help Line: 08451 228669

Lines open 7 days a week, 9am-10pm

WORCESTER

PUBLIC LIBRARY



The HENRY programmes look to support families to give your children a healthy, happy start in life to flourish throughout childhood and beyond. By adopting unique and effective ways of working with parents, supporting you to change family lifestyle habits and behaviours and provide a healthy start in life for your children - also known as 'the HENRY approach'

Our range of HENRY courses can help you to:

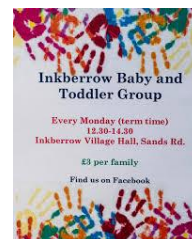
Feel more confident as a parent?

Reduce mealtime stress?

Enjoy being active as a family more often?

Encourage your child away from screens and TV?

See your child eat more fruit and vegetables?



Pershere Wellbeing Hub

Above are some local places which have various groups for parents and their families. Places such as our local libraries are a great way to meet new people and introduce babies and young children to others.