



John Masfield Early Help Offer

For all Parents Carers and Young People

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 provided at no cost to families.

Providing early help to our pupils and families at John Masfield High School and Sixth form centre means we can improve outcomes for children, families, and communities, providing support as soon as a problem emerges.

There are many ways in which we can help as outlined in this offer of early help.

In order to support in the right way, we work with you to identify:

- What are you worried about? What is working well? and what needs to happen?

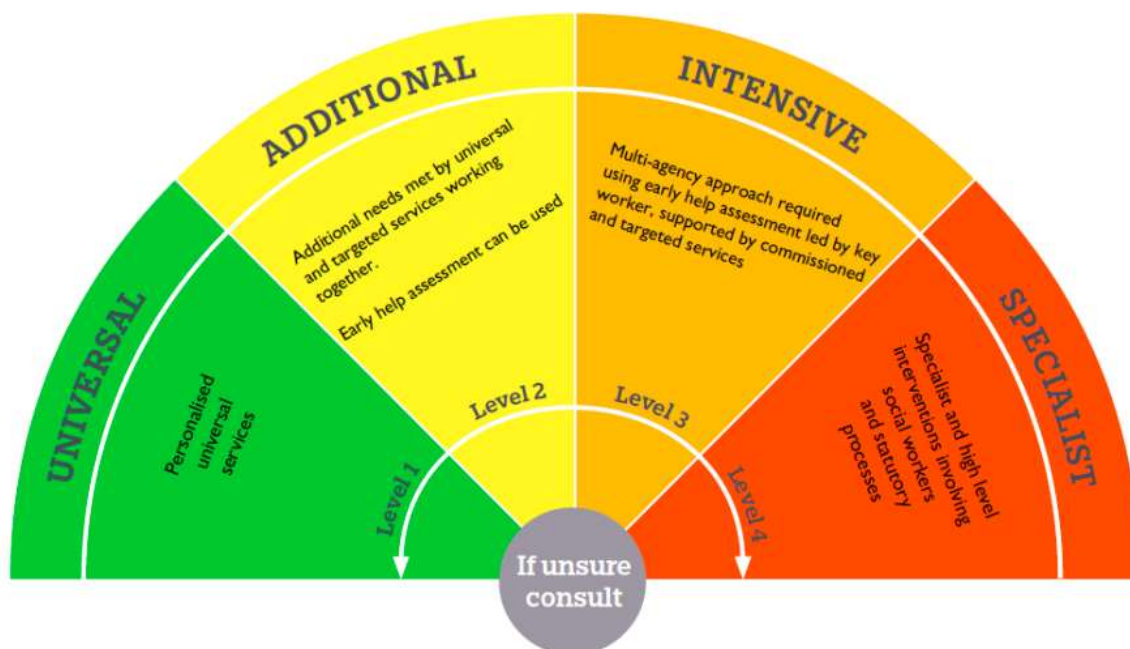
The information you share with us we can use to form a Pastoral Support Plan which will help us to identify what other agencies and professionals we may use to be able to support you and your child appropriately.

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

- Routines and family rules
- Children who are caring for a family member
- Children who may not want to go to school for different reasons
- Children in the family who have special educational needs and/or disabilities (SEND)
- Children or parents / carers misusing drugs or alcohol
- Children who may be becoming involved in anti-social or criminal behaviour including online behaviours
- Children who go missing from home
- Children at risk of being tricked, forced, or made to work in the criminal world
- Children who may need support because they may experience mental health problems such as low mood, anxiety, self-harm, gender questioning and eating disorders
- 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)
- Children experiencing trauma associated with separation and/or bereavement

Early help also relies upon local groups and people in the community, sometimes we work together to help children, young people, and their families.

In Herefordshire, Early Help exists on a continuum of needs for all young people, with JMHS providing the vast majority of support for those at Level 2, and the local authority leading on most cases at Level 3 and 4.



The following guide aims to outline the different types and stages of support that are available to all families at JMHS. It is not necessarily an exhaustive list, and we recommend if you do have specific concerns about the progress and welfare of a young person, that you initially contact the Year Leader or Tutor who will be able to respond to or sign post your concerns accordingly.

Although the offer below is a universal offer – it is important to stress that some of the organisations referred to triage all cases, and work on referrals reaching a particular threshold before accepting them. It is also important to point out that although all professionals work within the safeguarding policy of the school and seek to maintain confidence wherever possible, they will if necessary escalate a concern to level 4 where they feel a child is at an imminent and or significant risk of harm.

Young people without a Herefordshire address may well be eligible for alternative services from one of our neighbouring counties, and this where relevant should be explored with the JMHS pastoral team individually.



Many of the external agencies listed below working with the school are also outlined in the Herefordshire Directory of Early Help Services available online or from the school.

<https://www.herefordshire.gov.uk/downloads/file/5600/herefordshire-directory-of-early-help-services>

School Website	<p>Although some of the organisations we work with locally are listed below, our school website does provide information and links on a huge range of organisations (some are national) working to provide information and support for young people on wide range of issues.</p> <p>https://www.jmhs.hereford.sch.uk/students/keeping-yourself-safe/</p>
JMHS Pastoral / Safeguarding Team	<p>Our team of Year Leaders and Student Services Assistants can be contacted via email or by phone through our main switch board.</p> <p>The team is able to support you with:</p> <ul style="list-style-type: none"> • Targeted and holistic Behavioural Improvement Plans including regular updates, mentoring and reporting of progress • Responding to concerns and disclosures of bullying and/or perceived bullying, including follow up welfare checks • Communicating and sharing family concerns with staff across the curriculum • Modification of curriculum/groupings and establishment of "safety plans" where young people feel anxious or overwhelmed • Referral of young people to other providers and completion of a full Early Help Assessment where necessary, and therefore engaging the support of a Professional Family Worker • Where necessary home visits to support with possible various family dynamics that may be presenting barriers to attend • Working closely with students who are eligible for the School Pupil Premium fund and devising plans and possible uses for additional funding which could support progress
ELSA support (Emotional Learning Support Assistant)	<p>Short term one to one or group interventions, targeting students who may be demonstrating early signs of anxiety and low mood linked to issues such as bereavement, self-esteem, workload and exam stress, trauma, friendship issues, body image.</p> <p>Our experienced ELSA can work with referred students especially those showing reluctance to engage with schooling to interpret and understand their feelings and emotions.</p> <p>Referral routes are currently through Year Leaders.</p>
Hub Team	<p>Our Inclusion Hub provides a learning base mainly for short term support with the aim of reintegrating students who have been missing from school for periods of time.</p> <p>The hub can also offer emergency provision for students who find themselves unable to attend some or all lessons for a range of reasons (social, emotional or physical).</p>

	<p>A few students particularly in our older year groups may have set periods of hub team time built into their curriculum. For example, students who have transitioned to the school mid Key Stage who may not be able to access particular accredited exam courses.</p> <p>Referral is currently through Year Leaders or SENDCO.</p>
Behaviour Recovery Team	<p>For our students who may be demonstrating unregulated behaviour due to a range of factors, our Behaviour Recovery Room offers time and support for students to serve sanctions within school, and have access to staff who can support with reflection, restoration and regulation. The team are also be able to support with behaviour plans and check-ups as students return to the mainstream curriculum.</p>
First Aid Team	<p>Our First Aid Lead is fully trained to meet the physical needs of students during the school day, and is available to liaise with parents over the implementation of a Medical Care Plan where required by a medical professional and risk assessments for short or long term injuries/disabilities.</p> <p>They also have Mental Health First Aid training, and can respond especially when notified by parents and carer via the Year Leader to support with young people experiencing school-based anxiety and anxiety episodes that may arise through the school day. They can also help parents and staff with the referral process for in school counselling services.</p> <p>Our team of fully qualified first aiders support with the day to day work of managing first aid across the school and on off-site educational visits.</p>
JMHS SEND team (Special Educational Needs Department)	<p>Our SENDCO and teaching assistant team have their own local offer which is available on our website. It outlines some of the key services for families with children who have both diagnosed special educational needs or are in earlier stages of having those needs assessed.</p> <p>The department can produce Student Needs Profiles for selected students with key effective strategies to be shared with all teachers. The team provide screening and testing for specific learning difficulties such as dyslexia, and assess and for specific Access Arrangements for students facing public examination</p> <p>Further information is available via SENDCO@jmhs.hereford.sch.uk</p>
School Attendance Advisor	<p>Our Education Welfare Officer based in school 1 day each week is able to support on a range of issues related to "low and problematic attendance". They are able to advise on the following:</p> <ul style="list-style-type: none"> • Advise parents on the legal status of non-attendance and modified timetables plus conducting of safe and well visits • Advise on local authority interventions and provision which may be available as part of a reintegration plan where needed

	<ul style="list-style-type: none"> Mediate and liaise between school and home as well as other services such as health (signposting support organisations) <p>jo.ellis@jmhs.hereford.sch.uk</p>
School Nursing Team	<p>Herefordshire School Nurse services operate within school at least one day a week on a drop in or referred basis. Nurses can support with both physical and mental health screening, advice and support including sexual health, dietary concerns, addiction and anxiety.</p> <p>They can also act as a referral pathway for a range of other National Health services.</p> <p>https://www.wyevalley.nhs.uk/services/community-services/school-nursing.aspx</p>
CLA PCLA Support (Support for students who are “Looked After” or have previously been in state care)	<p>Our lead teacher for young people living in or having previously having lived in the social care system provides mentoring in addition to the standard tutor model, and can coordinate funded and targeted Personal Education Plans.</p> <p>andy.williams@jmhs.hereford.sch.uk</p>
WEST (Wellbeing and Emotional Support Team)	<p>Supported by the local NHS trust, WEST provide programmes of mental health support individually or in small groups based on referrals from the pastoral team (they are open to direct self-referrals from our Year 12 and 13 students).</p> <p>The team offer short-term support delivered by education mental health practitioners (EMHPs) and senior practitioners, using cognitive behavioural therapy (CBT) methods to help with low mood, wellbeing, anxiety and behavioural difficulties.</p> <p>https://camhs.hacw.nhs.uk/west/</p>
CLD (Counselling)	<p>The CLD Trust is a registered charity based in Hereford city centre offering confidential counselling and wellbeing support to children and young people aged 9-21 across the county. They provide 2 days of counselling services within school each week.</p> <p>The Trust offers a range of therapeutic counselling approaches including Cognitive Behavioural Therapy (CBT) and Systemic Family Practice. They work on a seven-session brief intervention model with requests for extensions agreed.</p> <p>https://thecldtrust.org/</p>
IAG Careers support	<p>Our Independent Advice and Guidance counsellor provides impartial information and guidance on post 16 and 18 pathways for all students. Although all KS4 students will receive a guidance interview and support with applications, where appropriate appointments for younger students can be</p>

<p>(Independent Advice and Guidance)</p>	<p>facilitated as part of a Pastoral Support Plan. The IAG can offer guidance on the following:</p> <ul style="list-style-type: none"> • Local Tertiary colleges and their recruitment processes • Pathways into selected and specific careers • Local apprenticeships – their listing and availability <p>ranah.kelly@jmhs.hereford.sch.uk</p>
<p>Online Safeguarding Lead</p>	<p>Our online safety coordinator can offer advice and guidance on ensuring young people are safe online, including tips for parental controls on a range of devices and platforms.</p> <p>onlinesafety@jmhs.hereford.sch.uk</p>
<p>Sixth Form Pastoral Support Team</p>	<p>We have a strong pastoral team in Sixth Form and believe in a holistic approach, good mental health and wellbeing enables good academic success. The sixth form supervisor is always available to assist the students and support their learning.</p> <p>Students register with their tutors every morning, in addition, they have:</p> <ul style="list-style-type: none"> • Regular 1-1 mentoring sessions with their tutors (approximately every 4 weeks). • Targeted mentoring and welfare session with the pastoral lead. • Appointments with the sixth form supervisor / learning mentor to assist with learning and revision techniques. <p>Students can get careers and pathways support from the sixth form pathways lead.</p>
<p>Kooth</p> 	<p>Kooth is an online mental health counselling service which all Herefordshire young people can access. It provides safe and timely support for young people who may not feel able or ready to access one to one mental health support.</p> <p>https://www.kooth.com/</p>
<p>CHAT- Children's Help and Advice Team (Early Help Team for Herefordshire Children's Services)</p> 	<p>This confidential service is open to all families living in Herefordshire, with a child or children aged 0 to 18 years. Their friendly and professional team will listen to your worries and offer advice to support your needs.</p> <p>They can offer support, advice and guidance for families and young people on:</p> <ul style="list-style-type: none"> • Family relationships • Challenging behaviours • Housing and financial matters • Emotional and mental health worries • Keeping your child safe (online and in the community) • Child wellbeing and development • Children and young people with special educational needs and disabilities (SEND), and their families • Any issue affecting you and your family

	<p>Call the Children's Help and Advice Team on 01432 260261 (available Monday to Friday, 9am - 4.45pm) and speak with an experienced supporting family's advisor.</p> <p>https://www.herefordshire.gov.uk/earlyhelp</p>
<p>Get Safe – Herefordshire Children's Safeguarding Board – contextual safeguarding support</p> 	<p>For those families facing issues surrounding radicalisation and both child criminal and sexual exploitation.</p> <p>For further details and referrals please contact the safeguarding team</p> <p>https://www.herefordshiresafeguardingboards.org.uk/safeguarding-information/safeguarding-children-information/child-exploitation</p>
<p>Steer Clear</p> 	<p>The Children's Society, working with West Mercia Police offer group support for young people and their parents and carers, as well as targeted one-to-one sessions in school or in the community for young people who may have been carrying a weapon or have been pulled into criminal activity.</p> <p>They work with schools, the police, social care, activity providers, and others to keep young people safe from harm and prevent the criminalisation associated with youth knife crime.</p> <p>https://www.childrenssociety.org.uk/information/professionals/child-exploitation/steer-clear</p>
<p>Turning Point</p> 	<p>Specialist support advice and therapy for families and young people in Herefordshire living with addiction and/or substance misuse.</p> <p>Speak to your Year Leader or the safeguarding team for further information or a possible referral.</p> <p>https://www.turning-point.co.uk/services/herefordshire</p>
<p>Purple Leaf</p> 	<p>Specialist service provider who will work with the school to support young people who are direct victims, or have been impacted by sexual abuse and violence.</p> <p>Speak to your Year Leader or Safeguarding team for further guidance and potential referral.</p> <p>https://purpleleaf.org.uk/</p>
<p>CLIMB: West Mercia Police and</p>	<p>Climb work with young people under 17 before they're exploited, helping them stay safe. Through sports, arts, and more, they offer young people new</p>

<p>the Children's Society programme for early intervention for those at risk of criminal exploitation</p> 	<p>opportunities. These diversionary activities empower young people to make positive choices about their futures. It's an opportunity to find out what they're passionate about and build their resilience, so that they can deal with the challenges they're facing. Weekly Climb mentoring sessions can take place weekly within the school day.</p> <p>https://www.childrenssociety.org.uk/information/professionals/child-exploitation/climb</p>
<p>Parenting Courses - Free access to the Solihull Approach Parenting courses</p> 	<p>The school can signpost and recommend, or families can access themselves a range of free parenting courses (online or live) for example "Understanding the Teenage Brain" and "Understanding Your Child's Mental Health and Wellbeing".</p> <p>https://www.herefordshire.gov.uk/family-support/parent/4</p>
<p>Ledbury Community Hub</p> 	<p>Ledbury Community Hub - <i>Bringing people together for sustainable change.</i></p> <p>The Ledbury Community Hub offers community groups, support services, youth and family projects and volunteering opportunities.</p> <p>To find out more visit ledburycommunityhub.org.uk or email hello@ledburycommunityhub.org.uk</p>