

Support for Children and Families

Introduction to Early Help at your setting

Key Personnel and job roles

The Designated Safeguarding Lead (DSL) is: Nicky Morris

Contact details:

Email: head@trythall.cornwall.sch.uk Telephone: 01736 362021

The deputy DSL(s) is/are: Emma Cape

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The nominated safeguarding governor is: Natasha Aly

Contact details:

email: naly@trythall.cornwall.sch.uk Telephone: 01736 362021

The Headteacher is: Nicky Morris

Contact details:

Email: head@trythall.cornwall.sch.uk Telephone: 01736 362021

Our Early Help Offer

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.

Providing early help to our pupils and families at Trythall Community Primary 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.

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

- Routines and family rules
- Families who may be 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 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.

At Trythall Community Primary we work hard to support individuals, and their families, in a range of ways. We offer a broad and balanced curriculum that has PSHE embedded across all we do. This offers children a safe space to talk about their feelings and emotions, and to open their worlds to other viewpoints and ideas. We also have a worry monster in every classroom, should children have any worries or concerns they can write it down and their teacher will support them with these.

We also have Maeve (NHS) who comes in to school on a weekly basis. She is trained in supporting children’s mental health. Maeve offers small group/one to one support for children across the school – offering them time to talk through their worries. Holly is a Thrive practitioner, running weekly small group and 1:1 sessions that involve arts and crafts, games and outdoor activities to encourage children to talk about their emotions. Charlene and Izzy will be joining our pastoral team offering therapeutic support for our younger pupils following the completion of their SPACE training.

Nicky has gained her “Trauma Informed Schools” Diploma. This offers in-house support for children with their mental health and well-being. We assess the children for their specific needs and offer individualised support, where necessary.

To support behaviour across the school, we will access the local authority services to support individuals, where necessary. They will come in to school to talk to staff, observe the child, discuss with parents and offer individualised strategies to support the needs of the children.

In order to support attendance, we have a SLA with the Local Authority. They will speak to parents regarding our concern for attendance, and put individualised support based on the needs of the family.

Local Services

Early Help Family Support Service:

The Early Help Family Support Service is delivered by Cornwall Children’s Services directly to families permanently living in Cornwall who have children aged 0-18 years old and need help and support specifically from a Family Support Worker. For more information, please visit: [Cornwall Early Help Family Support Service | Cornwall County Council](#)

Health (including mental health, emotional wellbeing, and sexual health)

The [Best Start in Life](#) offers a range of health services which support both children and families experiencing a range of health issues.

[Health Visiting Service](#)

Health visiting services support all families in the later stage of pregnancy until your child is 2½. However, we can support you and your child until they are 5; they will then be supported by the school nurse team. Health visiting is run by Cornwall Council for Cornwall and the Isles of Scilly. Find out about the service, including clinics and support available.

[School Health Nursing](#)

Your School Nurse is available to your child and family from when they start school until they transition into adult services. This means your School Nurse will be accessible and visible to children and young people through primary school to secondary school with the aim of promoting health and wellbeing of the school aged population. Your School Nurse will support your child with any health issues when transitioning into adult services.

[Child and Adolescent Mental Health Service](#)

CAMHS provides mental health help to children, young people and their families across Cornwall

[Home - Kooth](#)

Kooth is an online mental wellbeing community which offers free, safe, and anonymous support.

[Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)

Winston's Wish provide support for children and young people following the death of a sibling, parent, or a person important to a child.

Bullying (including Cyberbullying)

If you are concerned 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.

In the first instance if bullying is happening at school, please speak to a member of staff who will be able to help.

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

[Kidscape | Resources and Publications](#)

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:

- [Think U Know | Information for parents](#)

- [Online safety | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)
- [Educate Against Hate](#)
- www.internetmatters.org
- [BBC | 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](#)

[Think U Know | Parents Sexting Guide](#)

Relationships

The following services and links offer information, advice, and intervention on healthy relationships for your family and children:

- [Healthy relationships | NSPCC](#)

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

[Disrespect Nobody - Signs to spot \(opens in a new window\)](#)

[NHS Choices - How to talk to your child about sex \(opens in a new window\)](#)

[NHS Choices - Sex and young people \(opens in a new window\)](#)

SEND (Special Educational Needs and/or Disabilities)

Please include any information / support you offer in your setting.

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

[SEND Local Offer | Cornwall County Council](#)

SEND Information, Advice, Support Service [SENDIASS Cornwall](#)

Cornwall Young Carers

Cornwall 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.

[Cornwall Young Carers](#)

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:

[Local] Job Centre Plus,

Penzance Job Centre Plus Branwell House Clarence St, Penzance TR18 2NP
Telephone: [0800 169 0190](tel:08001690190)

Citizen's Advice Bureau [Citizens Advice Cornwall | Free Advice for the Community](#)

Parenting Support

The Best Start in Life offer a range of parenting support, information, groups, and courses. For information on the groups available please visit: [Best Start in Life - Cornwall Council](#)

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](#)

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](#)