

228 Hatfield Road
St Albans
Herts., AL1 4LW

Tel: 07584 798 528
Email: vistastalbans@gmail.com

ST ALBANS PLUS SCHOOLS' PARTNERSHIP FAMILY SUPPORT SERVICES 2016-2017

Information for Parents

We are a Partnership of local schools working together to improve outcomes for our children and young people. The lead school is Fleetville Junior School and the Partnership has a contract with Vista St Albans CIC to deliver services. There is a team of School Family Workers, Parent Support Workers, Counsellors, Mentors, Behaviour Support and Nurture. We are here to help parents in a number of ways.

As a parent you can expect to receive the following service from St Albans Plus Schools' Partnership via your school. Ask your school's headteacher, pastoral staff, SENCO or office staff how to contact us and to find out who your School Family Worker is.

- ✦ **Counselling:** We offer a therapeutic counselling service for children/young people and parents. This can take place in the school or at a different venue after school. Some mentoring is supported by the school or you can contact us directly.
- ✦ **ECaf support for schools and families:** Support for parents whose child/young person may have unmet needs. The ECaf is an assessment which is carried out with the family. Support includes identifying actions, reviews and liaison with the professionals involved.
- ✦ **Education Health and Care Plan Support:** Our School Family Workers are trained to support parents with the ECH Plan. We also liaise with Kids Hub, a national charity who support parents on transfers and initiation of new EHC Plans.
- ✦ **Family Support:** Working with parents and carers in the home and school. We can give advice and guidance and signpost to relevant services, agencies and support groups. Issues we can help with include:
 - Attendance
 - Boundary setting and routines
 - Bullying
 - Employment and work skills
 - Financial concerns and benefits advice
 - Healthy Eating
 - Housing concerns
 - Internet Safety
 - Issues with drugs, smoking and alcohol
 - Loss and bereavement
 - Managing challenging behaviour at home
 - Managing teenage behaviours
 - Mental health
 - Support for children with additional needs

- Support when a diagnosis is required
- Transition
- Under 16s mediation service and mediation for parents
- Young Carer support

✦ **Intervention and Behaviour Support:** Ask your school about this service. We can run specialist programmes within school on emotional wellbeing and behaviour.

✦ **Mentoring:** We offer a mentoring service for parents/carers and schools. Mentoring offers a 'listening ear' to explore a variety of issues such as low self esteem, family breakdown, anxiety, anger and behaviour. This can take place in the school or at a different venue after school. Some mentoring is supported by the school or you can contact us directly.

✦ **Multi-agency work:** Our School Family Workers work closely with CAMHS, DSPL7, Police, Bereavement Matters, Step 2, Carers in Herts, district, county and community agencies and support groups. We also work closely with Harpenden Plus Schools' Partnership.

✦ **Parenting Courses and Workshops:** We run a variety of parenting courses and workshops including the following topics:

- Additional Needs
- Dealing with Anger
- Drugs and Alcohol
- Families Feeling Safe
- Family Toolkit
- Internet Safety
- My Teen Brain
- Parenting Puzzle
- Pre-Teens
- Raising Boys and Resilient Girls
- Sibling Rivalry
- Understanding Teenagers

We can also provide the above as a 'Parent Party' delivered to a group of parents/friends in the home.

✦ **Parent Support/Additional Needs:** We also offer the following specialised support for parents of children and young people with additional needs as follows:
Simple Solutions – Support group for parents/carers of children with ASC with Sally Glossop, Autism Advisor (Communication & Autism Team).

Support Surgeries with Anne Pocock, Specialist Teacher for Autism and Paula Jones, Early Years Autism Specialist – Parents of children with ASC can book an individual session with the Communication Disorders Team.

✦ **Telephone Support:** We have a 50 week a year service in place and can be contacted at any time during normal working hours (Monday to Friday – 8.45am – 5.00pm). We do not work weekends or bank holidays, but can signpost you to emergency helplines.

Partnership Development Officer/Director of Vista St Albans CIC

Tel: 07939 111152 Office: 07584 798 528

Email: vistastalbans@gmail.com

www.vistastalbans.org.uk