

ST ALBANS PLUS SCHOOLS' PARTNERSHIP FAMILY SUPPORT SERVICES 2021-2022



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 /Spiral Trust and the Partnership has a contract with Vista St Albans CIC to deliver the service comprising a Partnership Development Officer, School Family Workers, Mentors, Counsellors and Behaviour Support Workers. The focus is to work with the whole family holistically to deliver the following aims:

- Safeguard children**
- Promote:-**
 - Positive health and wellbeing
 - Personal development, learning and engagement
 - Engagement in learning for the whole family – including signposting parents to relevant learning opportunities
- Raise attainment**
- Improve family outcomes**

Our School Family Workers engage with the Families First approach and deliver the most appropriate evidence based intervention with a family based on their needs. These include:

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| Individual support |
| Parental Relationship Support |
| Wellbeing and emotional support (programmes, Information and Guidance, Signposting) |
| Poor academic attainment |
| Return to school support (after medical absence, other absence, NEET) |
| Parenting support |
| Drug and Alcohol (IAG, signposting) |
| Protective Behaviours |
| Practical Parenting |
| Domestic Abuse support |
| Positive attachments |
| Emotional and wellbeing support, including Mental Health First Aid |
| S/END support (IAG, signposting) |

St Albans Plus Schools' Partnership offers the following services:

-  **Behaviour Support Service:** Sessions in schools can be traded - our qualified children Behaviour Support Worker can support small groups or individuals with nurture, tree of life, anxiety, resilience, transition, etc.
-  **Counselling:** We offer a traded therapeutic counselling service for children/young people and parents. This can take place in the school or at a different venue after school. Some counselling is supporting by the school

or you can contact us directly. All our Counsellors are experienced practitioners who follow the BACP ethical codes of practice and receive regular clinical supervision.

✦ **Domestic Violence Outreach Support:** Supporting the Safer Places agenda we have work in partnership with SAHWR (St Albans and Hertsmere Womens Refuge).

✦ **DSPL7:** We have strong partnership arrangements with DSPL7 which is located at Fleetville Junior School. DSPL7 fund our SIBS Group, a SEND Specialist Worker, Key Stage 3 Mentor and other projects.

✦ **Families First Assessment support for schools and families:** An assessment is carried out with the family. Support includes actions, reviews and liaison with the professionals involved. Overall responsibility of the FFA process. We have a broad knowledge of external agencies and local services which can be approached to support families.

✦ **Family Support:** Working with parents and carers in the home and school to deliver a targeted programme of support or signposting to relevant services. This programme is varied and offers information and advice in regards to (but not limited to):

- Attendance
- Boundary setting and routines
- Bullying
- Employment and work skills
- Family Breakdown
- Financial concerns and benefits advice
- Housing
- Mental health
- Parental Relationships
- Signposting to specialist agencies
- 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:** We offer a traded service which is bespoke to the needs of each school. These services are additional to the Core Offer and are being developed and expanded every year!. Our staff and associate facilitators are experienced and able to deliver these programmes to school staff, parents/carers, children and young people in our schools which include:

- Boys, behaviour and boundaries
- Friendships
- Protective Behaviours
- Self Esteem
- Resilience
- Transition

✦ **Mediation:** We can assist with mediation if required by families.

✦ **Mentoring:** We offer a traded 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.

✦ **Multi-agency work:** Our School Family Workers work closely with CAMHS, DSPL7, Children's Services, Police, 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:** Our staff are trained to deliver a variety of parenting courses and workshops of the following topics. We work with partners to offer courses detailed below:

-Additional Needs
-Anxiety
-Dealing with Anger
-Families Feeling Safe
--My Teen Brain
-Raising Boys and Resilient Girls
-Transition
-Understanding Teenagers



Parent Support/Additional Needs: We also offer the following specialised support for parents of children and young people with additional needs as follows:

Support Surgeries with Early Years Autism Specialist – Parents of children with ASC can book an individual session with the Communication Disorders Team.

Breakaway Group for Young Carers – A lovely fun group which runs on the last Tuesday of each month for siblings of children with special needs.



Penn Resilience: One of our School Family Workers is trained to deliver this in schools.



Protective Behaviours: Many staff members are trained to deliver Protective Behaviours. We can offer group work or 1:1 for pupils as well as for parents/carers. See our Traded services information.



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 signpost to emergency helplines.

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