WOODFIELD ACADEMY

Family Support

At Woodfield Academy we recognise the challenges that families face in bringing up children. We understand that times are hard and every now and again we all need extra help and support. If this is the case, we want to open our doors and we welcome you to come in and chat with us.



Justine Fitzer



Miss Chapman



Mr Rowberry



You can contact us by…

Phone: 01527527081

Email: familysupport@woodfield.bmat.co.uk

#OneWoodfield

Compassion • Respect • Resilience • Responsibility

There are many support pathways we can use to help you, no matter if the service needed is for you or your child. Our 'Early Help Offer' aims to put the whole family at the heart of all we do to implement help when problems arise to stop them escalating.



We work in partnership with a wide range of other professionals - from different agencies - within our community. Our goal is to listen, to hear, and to help so that together we can achieve the best for your family and empower our young ones to better, brighter futures.



General Advice & Support

LINK TO: Virtual Family Hub

Worcestershire County Council have developed this virtual family hub to give you a range of different resources to help to support you and your family.

WORCESTERSHIRE VIRTUAL FAMILY HUB

WORCESTERSHIRE FAMILY HUBS

Local Family Hubs | Worcestershire County Council

Starting Well Partnership
EVERY CONTACT SHAPES A LIFE



LINK TO: Worcestershire County Council Early Help Family Support Service

The Early Help Family Support Service is delivered by Worcestershire County Council directly to families permanently living in Worcestershire who have children aged 0-18 years old and need help and support, specifically from a Family Support Worker.



READY STEADY WORCESTERSHIRE

LINK TO: Ready Steady Worcestershire

Free School Meal eligible children and families with a referral are invited to sign up for the Worcestershire Holiday Activities and Food (HAF) Programme now.

Local Services



Woodrow Library
25, Local Centre, Studley Road, Redditch, B987RY

GP Surgeries
The Bridge Surgery - 8 Evesham, Road, Redditch, Worcestershire, B974LA
01527555600
Or
The Dow Surgery - William Street, Redditch, Worcestershire, B974AJ
0152762285

Food Bank – REGISTER WITH SCHOOL
Redditch Foodbank
Number 24
Church Green East,
Redditch
B98 8DE. Phone: 07847618539

Redditch foodbank

Health

LINK TO: Starting Well Partnership



Holly Trees – Redditch

Holly Trees St Stephen's First School, Mabey Avenue, Riverside, Redditch B98 8HW

Mon-Fri 9am – 4:30pm T: 01905520032

A Health Visitor will assist you over the phone with any worries, concerns, or questions you have or you can use the text service and speak with a School Nurse on

CHAT HEALTH: 07507331750



LINK TO: School Health Nurse Services

School health nurses offer a range of services such as home visits, health needs assessments, time4u drop-in service, school aged hearing and national child measurement programme to support the needs of children and their families.

Relationships

LINK TO: Harmony in the Home

Harmony at Home understands all relationships can experience challenges, difficulties and breakdown, especially with the pressures of being a parent. Conflict is natural within relationships, these pages have been designed specifically to support families with advice, tips and information for parents and carers who may be together, separating, divorced or co-parenting. **Justine, our FSW can help with this ☺**

LINK TO: Healthy relationships - NSPCC

NSPCC services and links offer information, advice, and intervention on healthy relationships for your family and children.

LINK TO: West Mercia Women's Aid

CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships.

Friendships & Relationships 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.

LINK TO: Childline - Friends, relationships and sex

LINK TO: NHS Choices - How to talk to your child about sex Information and advice about sexual health, including contraception and sexually transmitted infections (STIs).



Kidscape
Help With Bullying
Parent Advice Line

LINK TO: Kidscape

You can also get in touch with us by using the contact details below. The Parent Advice Line is open on Mondays and Tuesdays, 9:30am – 2:30pm. If we are not available at the time you call, please leave a message with your name and best contact number, or send us an email, and we will soon be in touch.

Parent Advice Line: 0300 102 4481
WhatsApp: 07496 682785
Email: parentsupport@kidscape.org.uk

Mental Health & Wellbeing



Child and Adolescent Mental Health Services

LINK TO: CAMHS - I am worried about my child

LINK TO: Kooth

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

LINK TO: Reach 4 Wellbeing

The Reach4Wellbeing team promotes positive wellbeing to reduce the stigma of mental health by providing short-term group programmes for children and young people age 5-18 experiencing mild to moderate anxiety and low mood.

LINK TO: Papyrus UK Suicide Prevention

Papyrus can offer suicide prevent support providing free and confidential helplines, advice, webchats, and resources.

LINK TO: Healthy Minds

NHS Talking Therapies

LINK TO: Winston's Wish

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

Justine, our FSW can help with this ☺

Wellbeing & Mental health support

Melo :: Onside, Worcestershire & Herefordshire

Sexual Health

LINK TO: Sexual Health Worcestershire County Council
LINK TO: Worcestershire Integrated Sexual Health Service (WISH)

WISH offer friendly and non-judgmental specialist services to support with information and advice, contraception, pregnancy, STIs and screening. WISH have a dedicated Outreach nursing service. Referral forms can be found following the link. The Outreach team see young and vulnerable people who couldn't otherwise access sexual health services.



Under 21 Saturday Service - Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays - Please call: 01905 681673 for further details.

Young People have a telephone consultation and are asked questions about their relationships. Callers will be advised what to do next and directed towards a clinic if necessary.

Free STI test kits and contraception: **LINK TO:** Free Home STI STD Test

Childcare

LINK TO: Information about Childcare in Worcestershire

Different types of childcare and information on choosing the right type and the funding available.



Parenting



The NHS Starting Well Partnership offer a range of parenting support, information, groups, and courses. We currently run a course for parents on a Thursday morning in school. For information on the groups available please visit:

LINK TO: Parenting groups - Starting Well

Justine, our FSW can help with any parenting concerns, she is trained in Triple P and the Solihull Approach!☺

Homestart can work with you to provide one to one support in the family home each week. This service provides support tailored to your needs and can help you as parents they learn to cope and build confidence to provide as best you can for your children.

LINK TO: Home-Start

Telephone: 0152762819

Young Carers

LINK TO: Worcestershire Young Carers

Worcestershire 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.

YSS Making it happen!

Finance, Housing & Employment

If you are facing challenges around employment and income, please contact the local Job Centre who can offer support with: Jobseekers' Allowance, Incapacity Benefit, Employment & Support Allowance and Income Support.

Local Job Centre Plus
4th floor Library
15 Market Place
Redditch
B98 8AR
United Kingdom
Telephone: 0845 6043719



LINK TO: Bromsgrove & Redditch Citizens Advice Bureau

We can all face problems that seem complicated or intimidating. At Citizens Advice Bromsgrove and Redditch, we believe no one should have to face these problems without good quality, independent advice.

citizens advice Bromsgrove & Redditch

That's why we're here: to give people the knowledge and the confidence they need to find their way forward – whoever they are, and whatever their problem.

LINK TO: Housing, Finances and Debt

Support and guidance resources can be found on the link above part of the Worcestershire Virtual Family hub.

WORCESTERSHIRE VIRTUAL FAMILY HUB

Substance Misuse

CRANSTOUN
Empowering People, Empowering Change

LINK TO: Cranstoun

Cranstoun has supported people to rebuild their lives, inspired transformation and empowered positive change. They are here for people who need help and support with substance misuse with a variety of support strategies.

LINK TO: Here4Youth

Worcestershire **Here4YOUth** works with youths to provide alcohol and drug support and they can meet team members at school, at home, or in any environment that they feel comfortable in. They offer advice, support and guidance for children, young people and family members of any age to cope with someone else's drug or alcohol misuse.

Get Safe

If you are worried your child is at risk of being tricked, forced, or made to work in the criminal world please speak to a member of staff and visit Get Safe for help and information:

LINK TO: Get Safe

Get Safe
Worcestershire

LINK TO: NHS - How to spot child sexual exploitation

Family Member in Prison?

LINK TO: NICCO

National information centre on children of offenders

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.

LINK TO: Families First - YSS

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a partner, and parent, in prison.

YSS Making it happen!