**Support for Families**

**Early Help** aims to support parents/carers who are in crisis or experiencing a number of worries that are impacting on the wellbeing of their family. The support worker will work with the family to create a family plan that will support them to address their worries, prevent things getting worse and build on the family’s strengths.

**Enabling Families** is a short-focused piece of work that parents/carers can access to address an immediate worry about their family.

**Enabling Families Surgery** is an option for a short notice face to face appointment for parents in crisis or with an immediate concern about their families. It can be delivered from a number of our buildings or in the community and can be accessed through our Duty Team – see number below.

**To access Early Help Services please contact The Hub Team on the following number**

**HORSHAM HUB**

**Tel: 0330 222 8087**

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**Educational Psychologist Service**

**Parents**

West Sussex Educational Psychology Service is offering the opportunity for parents to speak with an Educational Psychologist about a child or young person.

Educational Psychologists are professionals concerned with the development, learning and social and emotional wellbeing of children and young people. Calls can be requested where there is a question or concern about learning or behaviour as well as worries about wellbeing and emotions.

This is a consultation only service.

Parents and carers who live in West Sussex should book a consultation slot and an Educational Psychologist will contact them on the telephone number provided at the time booked. Calls will last a maximum of 30 minutes.

**What you can expect from the consultation:**

* The EP acts as the 'consultant' and the third party is referred to as the 'consultee'.
* Each bookable slot is for up to 30 minutes.
* All parties will respect confidentiality.

The phone consultation sessions are open to all parents whose children live in West Sussex.

***The normal structure of a telephone consultation will consist of:***
**Beginning** - Introductions and establish aim of the consultation, such as what the person wants out of the consultation.
**Information-gathering** - The consultant will use a range of questions and techniques to gather information about the concern.
**Exploring the issues** - The consultant will guide the consultee’s thinking about their concerns.
**Ending** - A summary of the consultation will take place during which any actions resulting from the consultation will be discussed.

The booking system can be accessed via the Local offer

 <https://westsussex.local-offer.org/information_pages/609-educational-psychology-telephone-consultation-service>

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**Healthy Child Programme (West Sussex)**

Healthy Child Programme (HCP) teams lead and deliver the Healthy Child Programme, providing services from pregnancy to age 19.

HCP teams cover geographical areas with links to children’s centres, schools and doctor's surgeries. The teams comprise of Specialist Community Public Health Nurses (nurses/midwives with an additional degree level qualification in public health; often referred to as health visitors and school nurses), Registered Nurses, Community Nursery Nurses, School Health Assistants and administrative support.

Specialist Community Public Health Nurses play a crucial role in ensuring that children, young people and families get good, joined up support. For example identifying a child's speech or language problem that would benefit from early help, reviewing child development and supporting vulnerable young people with emotional health issues.

The HCP team can support children, young people and families with a variety of issues, including:

* Feeding and nutrition
* Behaviour and Sleep management
* Parenting issues
* Emotional health

The teams work in partnership with other agencies to develop and deliver plans of care to the most vulnerable children and families.

**How To Access**

Families can access the HCP teams by a variety of routes - themselves, through children’s centres, schools or doctor’s surgeries. No referral is necessary.
Appointments with the Healthy Child Programme are held through a variety of ways, including face to face appointments, video consultations, and telephone consultations.

**Contact Details School Nursing Advice line**

The school nurse advice line is available from 9am to 4:30pm, Monday to Friday (excluding bank holidays). Please call us on **0300 303 1137** or you can use the following email:

|  |  |
| --- | --- |
| **District Area** | **Email** |
| Horsham, Worthing & Adur |  sc-tr.centralschoolnursing@nhs.net |

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22897>

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General Anxiety Support for Children and Parents:

<https://youngminds.org.uk/find-help/conditions/>

This website has guides on different mental health conditions, how to cope with feelings and what support is available. There is also information on useful training courses

<https://www.theschoolrun.com/anxiety-in-primary-school-children>

The website explains anxiety and how it can affect primary school age children, through advice, activities and books to explain anxiety and how to support anxious children.

<https://www.westsussexmind.org/>

West Sussex Mind helps young people, adults, older adults, carers and families affected by mental health issues. This website has a large variety of information and online training regarding metal health conditions. The courses are free for West Sussex residents and can be booked online.

<https://sussexcamhs.nhs.uk/>

The website is to help children, young people, families and carers when someone is experiencing difficulties with their emotional wellbeing or mental health.

General Support around returning to school:

<http://www.reachingfamilies.org.uk/training.html>

Reaching Families is a parent-carer led, grassroots charity which aims to support parents and families of children and young people with special educational needs and disabilities in their daily lives, through the delivery of information, training and peer support. We work with over 2,000 West Sussex families every year through a range of high-quality projects and services.

There is currently a section dedicated to support and resources available around COVID-19

Support for Parents/Carers

**Action for Children**

<https://www.actionforchildren.org.uk/support-for-parents/>

Provide parenting support through Parent Talk

**Family Lives (was Parentline)**

Confidential and free helpline for families, for emotional support, information, advice and guidance on parenting and family life.

W: [www.familylives.org.uk](http://www.familylives.org.uk)

T: 0808 800 2222

E: askus@familylives.org.uk

**Solihull Approach** <https://solihullapproachparenting.com/>

Award winning [**online courses**](http://inourplace.co.uk/learn/) about being a parent. [**Free downloads**](http://inourplace.co.uk/learn/). All at [**Ourplace**](http://inourplace.co.uk/).

**Beacon House** <https://beaconhouse.org.uk/training/>

Independent mental health team specialising in repairing the effects of trauma and attachment disruption. Training available to parents, adopters and foster carers.