



# Early Help Offer

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### **What is the early help process?**

Early help means providing support as soon as a problem emerges, at any point in a child's life. Providing early help is more effective in promoting the welfare of children than reacting later.

This includes offering advice, identifying emerging problems, liaising with the designated safeguarding lead, sharing information with other professionals to support early identification and assessment and, in some cases, acting as the lead professional in undertaking an early help assessment.

All staff are aware of the early help process, and understand their role in it.

### **Some issues we can help with**

A wide range of issues such as behaviour management, financial worries and debts, drugs and alcohol, online safety, homelessness, your child's mental health, domestic abuse, housing concerns, mobility difficulties, parent in prison, gang culture, bereavement and loss, cyber bullying – in fact any concerns about which you are worried might be having a negative impact on your children.

Information about support services and local opportunities for children and young people with SEND can be found on Suffolk County Council's website <https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/localoffer.page>

More details about each Raedwald Trust site's early offer can be found below.

## First Base Bury St Edmunds and First Base Ipswich Academies

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
Thrive	Thrive is used throughout the setting as a key ethos and for Thrive intervention sessions with each child.
Welfare Assistance	<p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> <li>• Food parcels</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope’s Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals. LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</li> </ul>
Multi agency working & referrals to other services	Staff attend multi agency meetings to support pupils and families and to help ensure actions are implemented. Referrals to other services include - school nursing, social care, early help team and completion of Early Help Assessments and Adolescent Early Help Assessment.
Settling, breakfast, lunch	When pupils arrive in the morning, they engage in a settling activity to support a positive start to the day. Breakfast and lunchtimes are supported by staff to model table conversation, cutlery use and manners.
Free flow sessions and playtimes	Play is timetabled into the day and is highly supported and modelled by adults to develop positive relationships and interactions between pupils.
Storytime	Specific texts are shared with pupils during story time which cover; world issues, celebrations and festivals, significant individuals, stories from other cultures, PSHE, traditional tales, current authors and heritage texts. This is planned to raise cultural capital for our pupils.
Nurture provision	First Base provides a nurturing environment where children feel safe and supported by all staff.
Personalised planning	During induction mainstream settings provide a baseline assessment for the pupil. This enables First Base to plan personally for each child based on their own needs and individual starting points.
Experiential curriculum	The curriculum is specifically designed to enable pupils to access frequent trips, visitors and experiences which engage them in learning.
Curriculum based on fundamental key skills	Our dual-placement curriculum is deliberately planned to focus on pupils gaining fundamental key skills and knowledge.

Character education	The curriculum design has been highly influenced by Character Education and includes numerous opportunities for creative and performance projects, sport, world of work experiences and fundraising opportunities. This supports in developing our pupil's characters and attributes such as resilience, independence, curiosity.
PSED focus and tracking	First Base place a spotlight on high quality support for personal, social and emotional development. This is regularly tracked and monitored to enable maximum impact.
Core values	Our core values of respect, learning, resilience and reflection underpin our school ethos. Pupils are encouraged to show these values and they are celebrated.
Communication with parents	First Base communicate regularly with parents through weekly phone calls, daily home/school book, weekly meetings, parent share afternoons, parent workshops, termly review meetings, induction and exit meetings and support at multi-agency meetings.
Parent Share sessions	First Base hold termly Share sessions where parents can engage in learning activities alongside their child. This supports parental involvement in learning and engagement with their child.
Parent workshops	We offer regular parent workshops to support parent knowledge around academic subjects and keeping their children safe.
Careers pathway	First Base have a careers pathway which aims to inspire our pupils to be aspirational in thinking about their futures.

## Alderwood Academy

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
Thrive	Thrive is used throughout the setting as a key ethos and also for Thrive intervention sessions with each child.
Welfare Assistance	<p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> <li>● Food parcels</li> <li>● Food vouchers</li> <li>● Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>● RT Hardship Fund</li> <li>● Rope’s Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>● FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>● Food vouchers for pupils receiving Free School Meals.</li> </ul> <p>LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</p>
Multi agency working & referrals to other services	<p>Staff attend multi agency meetings to support pupils and families and to help ensure actions are implemented.</p> <p>Referrals to other services include - mental health, school nursing, Diversion, social care, early help team and completion of Early Help Assessments and Adolescent Early Help Assessment, SENDIASS, Speech and Language Therapists.</p>
Settling, breakfast, lunch, celebrations.	<p>Pupils are welcomed on entrance to school. Following arrival each morning pupils engage in a settling activity to support a positive start to the day, where breakfast is included. Breakfast and lunchtimes are supported by staff to model table conversation, cutlery use and manners. A variety of lunch, both hot and cold are on offer every day for all pupils, staff join the pupils for lunch to promote appropriate social interaction.</p> <p>Certificates are awarded throughout the week for students based on achievements both at Alderwood and within their home schools, as well as recognition for high attendance.</p>
Free flow sessions and playtimes	<p>Play is timetabled into the day and is highly supported and modelled by adults to develop positive relationships and interactions between pupils. Pupils have a bi-weekly pupil committee meeting led by staff promoting pupil voice in relation to break time and social time activities.</p>
Experiential curriculum	<p>The curriculum is specifically designed to enable pupils to access frequent trips, visitors and experiences which engage them in learning.</p>

PSHE and British Citizenship	Our schools deliver Personal, Social and Health and Economics Education and Relationships and Sex Education (RSE) programmes as well as British Citizenship as part of our curriculum. Parents/carers are provided with the RSE Policy on admission and have the option to opt out of elements or Sex Education for their child if they are Primary.
School Nursing	The school nursing team are available to undertake visits based on pupil needs.
Communication with parents	Staff communicate regularly with parents through weekly phone calls, daily home/school book, weekly meetings, parent share afternoons, parent workshops, termly review meetings, induction and exit meetings and support at multi-agency meetings. Alderwood use Class Dojo as a format to share success stories and messages with parents/carers.
Screening	Staff trained in Irlens and Dyslexia screening.

## Parkside Academy

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
SEMH intervention	Bespoke individual or group sessions to support pupils with social, emotional and mental health wellbeing.
Welfare Assistance	<p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> <li>• Food parcels</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals.</li> <li>• LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</li> </ul>
Multi agency working & referrals to other services	<p>Staff attend multi-agency meetings to support pupils and families and to help ensure actions are implemented.</p> <p>Referrals to other services include - mental health services, school nursing team, Diversion, social care, and completion of EHAs and Adolescent EHAs to access support from the Early Help Team.</p>
Individual Health Care Plans	We offer support for Individual Health Plans and arrange meetings which enable all parties and agencies to work together. We also write Individual Learning Plans with a child- centred approach as appropriate.
AV1 Robots	MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school
PSHE and British Citizenship	Our schools deliver Personal, Social and Health Education and Relationships and Sex Education (RSE) programmes as well as Citizenship as part of our curriculum.
School Nursing	A referral to the school nursing team can be made to support pupils and meet with parents/carers.
Breakfast Club	A range of breakfast options are available for pupils when they arrive at school to support a positive start to the day.
Communication with parents/carers	Staff communicate regularly with parents/carers through phone calls, meetings, home visits, and support at multi-agency meetings.
Speech & Language Therapy	Pupils can access support from an experienced Speech and Language Therapist as part of their provision.
Screening	Staff are trained in Irlens and Dyslexia screening.
Drawing & Talking	Staff are trained in delivering Drawing & Talking therapy.

## St Christopher's Academy

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require. Use of individual Wellbeing Recovery Action Plans (WRAPs) when needed to support pupils.
Thrive	Thrive is used throughout the setting as a key ethos and also for Thrive intervention sessions with each child.
Welfare Assistance	Welfare assistance and support is available via the Raedwald Trust. Examples include <ul style="list-style-type: none"> <li>• Food parcels delivered weekly</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals.</li> <li>• LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> Webpages.</li> </ul>
Multi agency working & referrals to other services	Staff attend multi-agency meetings to support pupils and families and to help ensure actions are implemented. Referrals to other services include - mental health, school nursing, Diversion, social care, early help team and completion of EHAs and Adolescent EHAs, SENDIASS, Speech and Language Therapists. Support with setting up IHPs. MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school.
PSHE and British Citizenship	Our school delivers Personal, Social and Health and Economics Education and Relationships and Sex Education (RSE) programmes as well as British Citizenship as part of our Curriculum. The NSM pathway also delivers aspects within its Health and Wellbeing Curriculum.
Communication with parents	Staff communicate regularly with parents through weekly phone calls or meetings, regular placement/progress review meetings, induction and exit meetings and support at multi-agency Meetings. St C's Staff support parents/carers with advice and support in managing their children to attend school or adapt routines and sleep patterns eg support with visual daily routine plans; support liaison with mainstream schools and other agencies; eg Health
Screening	Staff trained in Irlens and Dyslexia screening.
Drawing & Talking	Staff Drawing & Talking therapy trained.



## Westbridge Academy

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
Welfare Assistance	<p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> <li>• Food parcels</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope’s Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who can assist with furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals. LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</li> </ul>
Multi-agency working & referrals to other services	<p>Staff attend multi-agency meetings to support pupils and families and to help ensure actions are implemented.</p> <p>Referrals to other services include - mental health, school nursing, Diversion, social care, early help team and completion of Early Help Assessments and Adolescent Early Help Assessment, Speech and Language Therapists.</p>
PSHE and British Citizenship	Our schools deliver Personal, Social and Health and Economics Education and Relationships and Sex Education (RSE) programmes as well as Citizenship as part of our curriculum.
School Nursing	A referral to the school nurse can be made to support pupils and meet with parents/carers.
Communication with parents	Staff communicate regularly with parents/carers through weekly phone calls, weekly meetings, home visits, and support at multi-agency meetings.
Screening	Staff are trained in Irlens and within the trust staff are trained in Dyslexia screening.
Drawing & Talking	Within the Trust, staff are Drawing & Talking therapy trained.

## The Albany Academy

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
SEMH intervention	Bespoke individual or group sessions to support pupils with social, emotional and mental health wellbeing.
Welfare Assistance	<ul style="list-style-type: none"> <li>• Welfare assistance and support is available via the Raedwald Trust. Examples include</li> <li>• Food parcels</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope’s Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals.</li> <li>• LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</li> </ul>
Multi agency working & referrals to other services	<p>Staff attend multi-agency meetings to support pupils and families and to help ensure actions are implemented.</p> <p>Referrals to other services include - mental health, school nursing, Diversion, social care, early help team and completion of EHAs and Adolescent EHAs, SENDIASS, Speech and Language Therapists.</p> <p>Support with setting up IHPs. MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school.</p>
Individual Health Care Plans	We offer support for Individual Health Plans and arrange meetings which enable all parties and agencies to work together. We also write Individual Learning Plans with a child- centred approach as appropriate.
AV1 Robots	MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school
PSHE and British Citizenship	Our schools deliver Personal, Social and Health Education (PSHE), Relationships and Sex Education (RSE) and Citizenship as part of our curriculum.
School Nursing	The school nurse visits regularly and is available to support pupils and meet with parents.
Speech & Language Therapy	Pupils can access support from an experienced Speech and Language Therapist as part of their provision.
Breakfast Club	A range of breakfast options are available for pupils when they arrive at school to support a positive start to the day.
Communication with parents/carers	Staff communicate regularly with parents/carers through phone calls, meetings, home visits, and support at multi-agency meetings.
Screening	Staff trained in Irlens and Dyslexia screening.
Drawing & Talking	Drawing & Talking therapy trained staff can be sought from the Trust where appropriate.

## Ipswich Hospital School & West Suffolk Hospital School

Early Help Intervention	Summary of Intervention
Mental Health First Aiders	Each Raedwald Trust site has trained MHFAs in school who are trained to spot the signs and symptoms of common mental health issues, provide support and reassurance and guide the pupil to seek the professional support they may require.
Welfare Assistance	<p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> <li>• Food parcels</li> <li>• Pet food and medication provided by RSPCA &amp; Boomerang</li> <li>• RT Hardship Fund</li> <li>• Rope’s Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk</li> <li>• FIND - a locally based charity who are able to assist furniture and other household items.</li> <li>• Food vouchers for pupils receiving Free School Meals.</li> <li>• LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council <a href="#">SCC Cost of Living</a> webpages.</li> </ul>
Multi agency working & referrals to other services	<p>Staff attend multi-agency meetings to support pupils and families and to help ensure actions are implemented.</p> <p>Referrals to other services include - mental health, school nursing, Diversion, social care, early help team and completion of EHAs and Adolescent EHAs, SENDIASS, Speech and Language Therapists.</p> <p>Support with setting up IHPs. MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school</p>
Medical Team Liaison	Our staff liaise extensively with the medical teams and Early Help NHS staff to ensure an holistic approach, which includes wellbeing and education.
Home School Liaison	Home school liaison/visits from key staff where appropriate.
Nurture Provision	We have a small, nurturing environment.
Individual Health Care Plans	We offer support for Individual Health Plans and arrange meetings which enable all parties and agencies to work together. We also write Individual Learning Plans with a child- centred approach as appropriate.
AV1 robots	MNIS supports pupils with access to AV1 Robots when pupils are unable to attend mainstream school
1:1	We give 1:1 time with pupils/parents as necessary and offer 1:1 catch up sessions to address particular needs.
Communication	We have time to listen (a concern box is available for pupils to share their concerns or other means of communication are made available, if they do not feel able to talk).
Screening	Staff trained in Irlens and Dyslexia screening.
Drawing & Talking	Drawing & Talking therapy trained staff can be sought from the Trust where appropriate.