



Early Help Offer



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, your own 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 | Raedwald Trust 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. |
| Interventions | Thrive is used throughout the setting as a school 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"> • Food parcels • Pet food and medication provided by RSPCA & Boomerang • RT Hardship Fund • Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk • FIND - a locally based charity who are able to assist furniture and other household items. • Food vouchers for pupils receiving Free School Meals. LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living webpages. |
| 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. |
| Personalised planning | During induction, pupils access assessments to clearly identify ability and gaps in knowledge. Precision teaching is used to begin filling these gaps. |
| Communication with parents | First Base communicate regularly with parents through weekly phone calls. |

Alderwood Academy

| Early Help Intervention | Summary of Intervention |
|--|--|
| Mental Health First Aiders | <p>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.</p> |
| Welfare Assistance | <p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> • Food parcels • Food vouchers • Pet food and medication provided by RSPCA & Boomerang • RT Hardship Fund (clothes/household items/food vouchers) • Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk • External Hardship Fund – Winter Warmth Referral • Ropes Trust – Referrals can be made via the Rope Trust to support families with grants primarily for household items for families most in need • FIND – Suffolk Charity support with donations of food parcels and household items as well as supporting families experiencing homelessness • Food vouchers for pupils receiving Free School Meals. • Regular welfare contact with families • Support given to families regarding Suffolk Schools Transport applications • Suffolk Information Partnership (SIP) & Warm Handover Referral Scheme <p>LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living 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 (CAMHS/Emotional Wellbeing Hub), school nursing, Youth Justice, social care, early help team and completion of Early Help Assessments and Adolescent Early Help Assessment, SENDIASS, Speech and Language Therapists, Mental Health Support Team (NHS), 4YP</p> |
| Settling, breakfast, lunch, and celebrations | <p>Pupils are welcomed on arrival at 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 lunches, 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>A celebration assembly is held every Monday at the end of the school day, where successes from the previous week are celebrated and certificates are issued. The level of certificate is awarded against the progress made with both pupils' personal targets and the Alderwood Social and Emotional Learning Skills behaviour approach.</p> |

| | |
|----------------------------------|---|
| 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. Student Council meetings in place every fortnight, minutes taken and actions recorded. |
| Experiential curriculum | The curriculum is specifically designed to enable pupils to access frequent trips, visitors and experiences which engage them in learning. Alderwood commits to one employment encounter every term; this can be achieved through a visit or welcoming guest speakers to the school. |
| 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 of Sex Education for their child if they are Primary. |
| School Nursing | The school nursing team is available to undertake visits based on pupil needs. |
| Communication with parents | Staff communicate regularly with parents through weekly phone calls, parent share afternoons, parent workshops and support at multi-agency meetings. Alderwood uses Class Dojo as a format to share success stories and messages with parents/carers. The headteacher and member of the Assessment Centre complete a home visit during pre-admission stage. This is to gather as much information as possible about the pupil in a comfortable environment for the parent/carer. |
| Screening | Assessment Centre Associate Teachers work closely with leaders and staff to ensure all pupils' needs are best met. This is through a thorough induction but also responding to feedback from staff on any interventions/screenings they may deem necessary. |
| Chaplaincy | Mentoring and support; Kintsugi wellbeing groups; fitness sessions; prayer/reflection space; transitioning support; collaboration; creative garden project; activities at CYM base camp; on-site extra specific support; and a listening ear and safe space to talk. |

Parkside Academy, including Ipswich Hospital School

| Early Help Intervention | Summary of Intervention |
|--|--|
| Mental Health and Emotional Wellbeing | |
| Mental Health First Aiders | Each site has trained staff who can recognise early signs of mental health issues, offer reassurance, and help pupils access further support. |
| SEMH intervention | Pupils can take part in one-to-one or small group sessions to build emotional regulation, resilience, and social confidence. |
| Drawing & Talking | Staff are trained in delivering Drawing & Talking therapy - approach using drawing to help pupils express and process their feelings safely |
| Chaplaincy | Mentoring and support; Kintsugi wellbeing groups; fitness sessions; prayer/reflection space; transitioning support; collaboration; creative garden project; activities at CYM base camp; on-site extra specific support; and a listening ear and safe space to talk. |
| Practical Welfare Support & Multi Agency Work | |
| Welfare Assistance | <p>Welfare assistance and support is available via the Raedwald Trust. Examples include</p> <ul style="list-style-type: none"> • Food parcels • Pet food and medication provided by RSPCA & Boomerang • RT Hardship Fund • Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk • FIND - a locally based charity who are able to assist furniture and other household items. • Food vouchers for pupils receiving Free School Meals. • LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living webpages. |
| Breakfast Club | A range of breakfast options are available for pupils when they arrive at school to support a positive start to the day. |
| Multi agency working & referrals to other services | We work closely with a range of agencies — including social care, mental health services, and the school nursing team — to make sure families receive the right support at the right time. Staff attend meetings and support Early Help Assessments (EHAs) to coordinate this support. |
| Communication with parents/carers | Staff communicate regularly with parents/carers through phone calls, meetings, home visits, and support at multi-agency meetings. |
| Health and Medical Support | |
| 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 | We use AV1 Robots to help pupils stay connected to lessons when they cannot attend school in person. |
| School Nursing | A referral to the school nursing team can be made to support pupils and meet with parents/carers. |
| Curriculum and Learning Support | |
| 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. |
| Speech & Language Therapy | Pupils may receive targeted support from a qualified therapist to help with speech, understanding, or communication skills. |
| Screening | Staff are trained to screen pupils for Irlen Syndrome (visual processing difficulties) and dyslexia, helping us identify and support specific learning needs early. |

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/SEMH | Thrive is used throughout the setting as a key ethos for our pathway. Each child is offered Thrive intervention sessions. To further support their social, emotional, and mental health, pupils can take part in one-to-one or small group sessions to build emotional regulation, resilience, and social confidence. All pupils have a Student Support Plan which is reviewed regularly with their mainstream school – all pupils have SEMH targets which are reviewed by their keyworker. |
| Welfare Assistance | Welfare assistance and support is available via the Raedwald Trust. Examples include <ul style="list-style-type: none"> • Food parcels delivered weekly • Pet food and medication provided by RSPCA & Boomerang • RT Hardship Fund • Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk • FIND - a locally based charity who are able to assist furniture and other household items. • Food vouchers for pupils receiving Free School Meals. • LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living Webpages. |
| 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 PSHE Curriculum. The NSM pathway also delivers aspects within its Health and Wellbeing Curriculum. |
| Communication with parents | Staff communicate regularly with parents through phone calls and handovers. Home visits form part of our rigorous induction procedures where parents are able to share concerns and meet key staff. Parents are supported as required 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. |
| Chaplaincy | Mentoring and support; Kintsugi wellbeing groups; fitness sessions; prayer/reflection space; transitioning support; collaboration; creative garden project; activities at CYM base camp; on-site extra specific support; and a listening ear and safe space to talk. |
| School Nursing | The school nursing team is available to undertake visits based on pupil needs. |

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"> • Food parcels • Pet food and medication provided by RSPCA & Boomerang • RT Hardship Fund • Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk • FIND - a locally based charity who can assist with furniture and other household items. • Food vouchers for pupils receiving Free School Meals. LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living webpages. |
| 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 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, meetings, home visits, and support at multi-agency meetings. |
| Screening | The Assessment Centre are able to complete screenings with pupils for Irlen's and other areas of need. |
| Drawing & Talking | Within the Trust, staff are trained in Drawing & Talking therapy. |
| Chaplaincy | Mentoring and support; Kintsugi wellbeing groups; fitness sessions; prayer/reflection space; transitioning support; collaboration; creative garden project; activities at CYM base camp; on-site extra specific support; and a listening ear and safe space to talk. |

The Albany Academy, including 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. |
| 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"> Welfare assistance and support are available via the Raedwald Trust. Examples include <ul style="list-style-type: none"> Food parcels Pet food and medication provided by RSPCA & Boomerang RT Hardship Fund Rope's Trust - a locally based grant-making charity who makes grants to individuals living in Ipswich and south- east Suffolk FIND - a locally based charity who are able to assist with furniture and other household items. Food vouchers for pupils receiving Free School Meals. LWAS -Suffolk Local Welfare Assistance – applications can be made via Suffolk County Council SCC Cost of Living webpages. |
| 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. |

