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 a Family 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 help 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	Welfare assistance and support is available via the Raedwald Trust. Examples include • 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, Family Help Team and completion of Family Help Assessments and Adolescent Family Help Assessments.
Personalised planning	During induction, pupils access assessments to clearly identify ability and gaps in knowledge. 1:1 teaching during outreach sessions is used to fill these gaps.
Communication with parents	First Base communicate regularly with parents through weekly phone calls and support at multi-agency meetings. The headteacher completes 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.

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.
Welfare Assistance	Welfare assistance and support is available via the Raedwald Trust. Examples include • 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 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, Family Help Team and completion of Family Help Assessments and Adolescent Family Help Assessments, SENDIASS, Speech and Language Therapists, Mental Health Support Team (NHS), 4YP
Settling, breakfast, lunch, and celebrations	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. A celebration assembly is held every Monday at the end of the school day, where successes from the previous week and 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.

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 or 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.
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	Welfare assistance and support is available via the Raedwald Trust. Examples include • 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 Family Help Assessments 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. Referral to assessment centre for wider screening or curriculum support.

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 home 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 • 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 - school nursing, social care, Family Help Team and completion of Family Help Assessments and Adolescent Family Help Assessments, SENDIASS, Speech and Language Therapists. Support with setting up IHPs. MNIS supports pupils with access to AV1 Robots when pupils are unable to attend home school.
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-centered approach as appropriate.
AV1 Robots	MNIS supports pupils with access to AV1 Robots when pupils are unable to attend their home 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 home 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.
Student Support Plans	All students have detailed individual student support plans that are updated with their home schools every 6 weeks.
SEND interventions	In place for students as and when needed eg Talk about for Teems; C&I interventions; THRIVE action plans.

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	Welfare assistance and support is available via the Raedwald Trust. Examples include • 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	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, Family Help Team and completion of Family Help Assessments and Adolescent Family Help Assessments, Speech and Language Therapists.
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	• Welfare assistance and support are available via the Raedwald Trust. Examples include • 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	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, Family Help Team and completion of Family Help Assessments and Adolescent Family Help Assessments, SENDIASS, Speech and Language Therapists. Support with setting up IHPs. MNIS supports pupils with access to AV1 Robots when pupils are unable to attend home school.
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- centered approach as appropriate.
AV1 Robots	MNIS supports pupils with access to AV1 Robots when pupils are unable to attend their home 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	A referral to the school nurse can be made to support pupils and meet with parents/carers.
Speech & Language Therapy	Pupils can access a Speech and Language screener through the Assessment Centre – this would inform whether further Speech and Language support from a therapist is required.
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.
Communication with parents/carers	Staff communicate regularly with parents/carers through phone calls, meetings, home visits, and support at multi-agency meetings.