

## What is meant by Early Help?

Early help is about stopping problems escalating. It relies on accurate early identification of difficulties and early action which is targeted and evaluated. It can involve intensive intervention or lighter touch support and is usually based on a clear support plan, with identified actions, responsibilities and outcomes, which is then reviewed.

Early help is a form of targeted activity, with a specific action or actions being put in place to address a defined issue or combination of issues. It therefore forms part of a continuum of activity in supporting families.

[The Common Assessment Framework \(CAF\)](#) is used by people working for organisations across Suffolk including schools and children's centres. The aim is for everyone including children, young people and parents/carers to agree the first steps and types of support that will help families work their way out of problems and resolve difficulties. If existing support is not sufficient and families are struggling they can also request additional help by making a CAF referral.

Should you feel that a CAF or some other form of early help support will benefit your child/family, please contact us via [safeguarding@chantryacademy.org](mailto:safeguarding@chantryacademy.org)

### The following lists the Early help and additional support which may be available for students at Chantry Academy:

Form Tutors	First contact each day for student; first point of call for students and parents with any issues.
All staff	Friendly faces, strong relationships with specific students. Positive interactions are interventions.
Pastoral Year managers	Non-teachers available throughout the day for all student pastoral and welfare issues (including support in lessons, 1:1 work with students, bespoke group interventions based on needs of students, presence at break/lunch etc). All our year managers are trained as Alternate DSLs.
Learning curve	A small team of staff providing bespoke support for a variety of needs e.g. social/emotional issues, medical needs, behaviour preventing attendance in mainstream lessons.
Attendance Officer	First day calling when students are absent; first point of call to students who arrive late (checkpoint for any welfare issues causing absence/lateness); contact with parents of students not attending etc.
EWO	Monitors attendance of all students below 95%; meets with students and parents to support improvements in attendance.
DSL/ADSLs	Offer support, guidance and signposting to students, parents and staff for additional services for specific issues.
Weekly pastoral panel	Pastoral staff meet weekly to discuss referrals for students who are felt to need more support with key issues. The panel meeting includes staff from the safeguarding, SEND, behaviour and year teams.
School chaplain.	Offers Spiritual and Pastoral Care for the school community including 1:1 support for identified students with a variety of needs (e.g., bereavement, separation, mental health, identity, friendship issues etc). Provides a positive safe presence being around and alongside in social and breaktimes. Leads whole school reflection activities.

Kintsugi Hope wellbeing group	A wellbeing group programme in a relaxed atmosphere aimed at year 9 students who might benefit from support; providing tools to help build resilience. This focuses on key wellbeing issues such as self-acceptance, anxiety, depression, perfectionism, shame, anger and loss.
My Big Life	This is small group programme over 6 weeks that helps our younger students develop the tools and strategies to be more resilient.
<a href="#">4YP counselling</a>	Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and co-ordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25. We have a counsellor in school for half a day each week and they normally work with students for 6 weeks.
1:1 pastoral sessions	Led by pastoral staff in school – bespoke sessions to meet the needs of students struggling to manage their emotions and/or behaviour.
Peer mentors/buddies	Students are matched according to needs.
<a href="#">School nurse</a>	Referrals can be made to the school nursing team for a variety of health reasons. Weekly drop-in sessions each Wednesday lunchtime in 105. provide a range of information, advice and guidance including: Sexual Health including C-Card condom scheme, Chlamydia testing, pregnancy testing and emergency hormonal contraception provision; Emotional Health including low mood, worries, self-harm, self-confidence, and self-esteem; Physical Health- including puberty, healthy lifestyle, sleep and health conditions.
Gardening project	We have established our own onsite allotment growing a variety of fruit and vegetables and have created an outdoor learning and reflection zone. There are organised group sessions but gardening can be used on an adhoc basis to meet the needs of some students. The school garden also has a remembrance garden for students to access to remember lost loved ones.
Alltogether advisor	Based in school three days per week offers independent advice and guidance on careers and post-16 options.
EAL support	Support from a key worker in school offers both academic support as students learn English as and additional language, and also pastoral support for those settling into a new country and unfamiliar culture.
<a href="#">Lighthouse Women's Aid</a>	Supports and empowers women and children who have suffered or at risk from suffering domestic abuse and violence. Support includes group work on programmes such as Expect Respect and the Freedom Programme.
Mental health referral panel	We have a weekly referral meeting that school staff can refer into to identify the most appropriate support for individuals.
Mental Health Support Team (MHST)	We are fortunate to have a team from Norfolk and Suffolk NHS Foundation Trust working in school to support students with mental health issues such as low mood and anxiety.
<a href="#">Youth Justice Service</a>	Referrals can be made to the Youth Justice Service when students need early intervention to avoid a path of criminal behaviour.
Police – school liaison team	The schools' liaison team offers a variety of support to students and families including words of advice following specific incidents, restorative mediation between young people and also between sets of parents. The team also lead assemblies on key themes such as drugs, knife and hate crime.
Why Try Programme	The WhyTry Programme is a resilience education curriculum that provides simple, hands-on solutions for dropout prevention, violence

	prevention, truancy reduction, and increased academic success. This is a targeted intervention delivered in school by Family Support Practitioners from Suffolk County Council's Early Help Team.
Aspire Project	This project is for Year 11 students, that have been identified by the school, that may benefit from some early support for Post 16 options. Sessions cover: <ol style="list-style-type: none"> <li>1. Healthy relationships and how to identify positive friendships</li> <li>2. Drugs and alcohol and the impact of this on our lives, supported by Turning Point.</li> <li>3. How we can be safe in relation to criminal activity - CE Hubs</li> <li>4. Mental health and wellbeing- managing anxiety and stress- Young Person's worker</li> <li>5. Future goals, aspirations – how do I get there - young persons worker.</li> </ol>
<a href="#">Specialist Education Services (SES)</a>	We can make referrals to SES in order to seek advice and guidance for individual students with SEND including those with visual and hearing impairments, dyslexia, behaviour needs, communication difficulties and others.
<a href="#">Outreach Youth (LGBTQ+)</a>	Outreach youth is committed to enabling Lesbian, Gay, Bisexual, Trans*, Queer and Questioning (LGBT*Q+) young people and their peers, to realise their unique potential and to take a positive role in society, through their involvement and participation in social and informal education youth work opportunities.
<a href="#">Parenting Programmes</a>	Such as 'Solihull Approach' 'Strengthening Families', 'Who's in Charge' and 'Triple P Teens' offered to parents struggling with the behaviour of their children.
<a href="#">Anglia Care Trust</a>	Providing support, assistance and challenge to young people and families in need of support
Suffolk Positive Futures	Offer the 'fit and fed' local authority funded programme during school holidays providing young people with organised physical activities as well as a nutritious meal.
<a href="#">Suffolk Young Carers</a>	We have an allocated worker from Suffolk Family Carers who can meet 1:1 with young carers and also to provide group workshops.
<a href="#">One Life Suffolk</a>	Help local people live healthier lives – work in school to deliver smoking cessation workshops with identified students. Also deliver family lifestyle programmes to families worried about their weight.
<a href="#">Iceni</a>	Iceni exists to offer care and support to families in Ipswich and the surrounding area who are affected by addiction, and to provide such families with the help they need to improve opportunities for children in fulfilling their potential.
<a href="#">Lofty Heights</a>	A CIC company that can offer support to families who need help with clearing/cleaning their houses in order to be more functional family homes.
<a href="#">Emotional Wellbeing Gateway</a>	The Emotional Wellbeing Hub provides information, advice, and guidance if you are worried about the mental health of a child or young person aged 0-25 years, or you're a young person experiencing emotional wellbeing difficulties.
<a href="#">NDD Pathway</a>	A referral pathway to seek support and guidance for those individuals with Neurodevelopment disorders or consideration for clinical assessment for ASD, ADHD and behaviours that challenge.

<a href="#">FIND</a>	Families in need (Ipswich) offer food parcels and other essentials to families struggling with poverty.
<a href="#">IHAG</a>	Ipswich Housing Action Group – can provide support to families who are or who at risk of becoming homeless.
<a href="#">Local Welfare Assistance Scheme (LWAS)</a>	The LWAS helps those experiencing financial hardship. There are lots of reasons why you may be in hardship and if you are eligible LWAS can provide financial help.
<a href="#">Ipswich Top Up Shops</a>	A group of Anglican churches in Ipswich that seek to alleviate food poverty by partnering with organisations such as FareShare, Neighbourly and local food wholesalers and producers to offer good quality food to local people at discounted prices.
<a href="#">Chantry Library</a>	Offers include a Warm Space, free menstrual products, foodbank collection point throughout the year as well as various support groups and events.
Free sanitary products	Are available for female students in school upon request at any of the pastoral offices or PE department.
Uniform	Support with the cost of uniform can be provided to students whose families are struggling to provide or replace essential items. We also support some students with washing and drying of their uniform and/or PE kit when this is an issue.
Basketball intervention	Students struggling with their emotions are offered some key time with a member of staff whilst playing basketball.
<a href="#">Raedwald Trust</a> refocus/resilience groups and 1:1 outreach	A group programme which may be offered to specific KS4 students who are struggling with accessing our mainstream curriculum due to social, emotional or mental health needs. 1:1 outreach works with students who have disengaged from mainstream education.
<a href="#">Eastern Region Training</a>	Offer Vocational Skills Training in brickwork, plumbing, roofing, carpentry and motor vehicle repair. We have a number of groups accessing this provision.
<a href="#">TLC Live Online Tuition</a>	We are in certain circumstances able to offer online tuition via TLC Live. TLC LIVE offers a personalised online tutoring service, delivering over bespoke content covering English, maths, science, humanities and EAL from up to GCSE. They provide one-on-one tutoring anytime and anywhere ensuring individualised attention and maximising learning potentials. Their tutors work with students to create pathways into further education and careers.
<a href="#">Winchmore Tutors</a>	We have used Winchmore Tutors to provide 1:1 or small group tuition in core subjects to support Children in Care with their academic progress.
<a href="#">Suffolk Alternative Tuition Service</a>	We may refer students to this service when they are deemed medically unable to attend school
<a href="#">Noise Solutions</a>	Noise Solution delivers ‘one to one’ music mentoring programs with people facing challenging circumstances. This has proved successful previously with engaging students otherwise hard to reach and who are in need of improvements in their self-esteem.
<a href="#">Plot CIC</a>	An alternative education provision for pupils who are not engaged with mainstream education the opportunities to learn within a vocational environment, developing confidence and effective communication.
<a href="#">Poplar Care Farm</a>	Has areas of woodland, pasture, fruit and vegetable growing areas. It is currently home to horses, chickens, guinea pigs, rabbits and dogs.

	Students are involved in growing a variety of fruit and vegetables as well as garden plants.
<a href="#">Green Light Trust</a>	The GLT Natural Alternative Provision & Inclusion Programme is designed for children and young people from primary age and above, that may be struggling in mainstream education, providing the perfect space for personal growth. They take learners from their 'normal' environment with their usual environmental cues and introduce them to a woodland space, where they can start to develop positive change patterns of behaviour and start to identify with that way of being.
<a href="#">Push Forward</a>	Push forward work with those young people that others have given up on. Those that don't fit the mould of traditional education and need to be engaged differently. They use conversational education, trauma informed therapy and a practical approach when engaging young people and encouraging self belief.
Transition support	Transition includes early intervention meetings with parents (ie before they start school) as 1:1 formal meetings or less formal drop-in sessions and also extra visits to the school for vulnerable students. Transition can be bespoke, depending on the needs of the students. Transition books also provided to students explaining who key people are, lessons, the buildings etc.