



**Cranford Park
Church of England Primary School**

Early Help Offer

*let
your
light
shine*

Cranford Park C of E Primary School Early Help Offer

Cranford Park CE Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All our staff and volunteers undergo rigorous checks, including an Enhanced Disclosure and Barring Service (DBS) check, to ensure they are suitable to work with children.

Providing Early Help to our children and families at Cranford Park CE Primary School means we are more effective in promoting the welfare of our children. Early Help means providing support as soon as a problem emerges, at any point in a child's life, beginning in the Early Years.

We endeavour to create a school ethos that promotes trust between all adults and children, so that all children know who they are able to talk to if they have any concerns or worries. We work closely with our families to ensure the best interests of our children are met.

At Cranford Park, we believe that safeguarding is everyone's responsibility. Mrs Tina Nowell (Headteacher) is our Designated Safeguarding Lead. Mrs Suzanna Russell (Deputy Head) Miss Rebecca Portch (SENCo) and Mrs Victoria Wilcox (School Business Manager) are all Deputy Designated Safeguarding leads. The Governor with responsibility for safeguarding is Mrs Stephanie Bell. All staff receive full annual safeguarding training, as well as regular 'drip' updates through continuous professional development. Any new staff receive safeguarding training delivered by the DSL as part of their induction to the school. Staff also received 'Early Help' training from Hampshire in Dec 2024.

Providing early help to our pupils and families at Cranford Park CE Primary School means we are providing support as soon as a problem emerges, at any point in a child's life. This can prevent issues escalating, thus promoting the welfare of our children.

In **Keeping Children Safe in Education 2024** it makes it clear that ALL staff should be aware of their local Early help process and understand their role in it. In addition, this statutory document makes it clear that any child may benefit from Early Help, although we are aware that some are more prone to potential need.

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

“Providing early help is more effective in promoting the welfare of children than reacting later. Early intervention and help means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to the teenage years. Early help can also prevent further problems arising; for example, if it is provided as part of a support plan where a child has returned home to their family from care, or in families where there are emerging parental mental health issues or drug and alcohol misuse.”

Working together to safeguard children - GOV.UK (www.gov.uk)

In school you can speak to any of the staff. However, the senior leadership team are also here to support you. All trained as Designated Safeguarding Leads, they will do their best to support you and signpost any further support you may need. Key staff you may wish to contact are:

Tina Nowell	Headteacher and DSL	headteacher@cranfordpark.hants.sch.uk
Rebecca Portch	SENCo and DDSL	senco@cranfordpark.hants.sch.uk
Suzanna Russell	Deputy Headteacher and DDSL	s.russell@cranfordpark.hants.sch.uk
Victoria Wilcox	School Business Manager and DDSL	finance@cranfordpark.hants.sch.uk
Emma Singer	Online Safety Lead	e.singer@cranfordpark.hants.sch.uk

Levels of Response

The diagram below shows how we might respond to needs at different levels. We use this graduated approach to make sure we provide the best support for different families' individual situations.

Level	Child or family situation	How we respond		Hampshire Support
0	Coping with Life	All our staff are here to listen and support you. Just come in and talk to us. You can contact the teachers on tapestry or dojo, or through the school office, or can contact the DSL leadership team on the contact details above.	Day to day	No additional support required
1	May need some extra help	Our school DSL team will offer to support you however we can.		School signposting to support as appropriate
2	May need further help beyond school		Early Help	If a family is looking for support around a single issue which is not already being addressed or supported by someone, they can receive a Level 2 intervention. This could include Group work , and SOS* appointments , usually by telephone.
3		We will suggest working with other agencies including the Family Support team at Hampshire		If a family is deemed to require Level 3 support, this means that they require a multi-agency approach due to multiple unmet needs. Level 3 support will be determined by our Early Help Hub Meetings or transferred from Level 4.
4	In need of serious help – child may be at risk	We will be concerned and will need to talk to children's social care to get you the support you need.	Specialist and Statutory Support	If a family requires Level 4 support, this means they have a high level of unmet and complex needs or needs protection through either a Child in Need or Child Protection Plan.

*SOS = Session of support

Level 1 Support Available from School

As a school we work closely with other schools and agencies to provide support for our children and families, striving to ensure concerns, no matter how small, are listened to and supported effectively, maximising the chances of effectively safeguarding all of our children. Additional support we could offer might be:

- ✓ **Attachment and Trauma Aware School:** Miss Portch has completed full training and disseminated this to other staff in the school to ensure that we are an Attachment and Trauma Aware School. This gives us an understanding of the issues surrounding attachment and trauma and how to support those impacted by these in our school.



- ✓ **Senior Mental Health Lead:** We have a key member of staff who has received Mental Health Lead training. She can support staff to spot signs and symptoms of common mental health issues, provide non-judgmental support and reassurance, and guide the young person or adult to seek professional support they may need to recover. We also have a Mental Health First Aider on the staff.



- ✓ **Attendance:** Every child whose attendance is below 90% is carefully monitored and support offered wherever possible, utilising the skills of the Attendance Officer where appropriate. Formal attendance meetings are held and improvements recognised. Our school operates a first day response system. Where attendance does not improve, the local authority might be sought in order to further support our families.



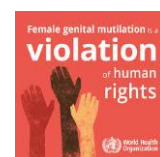
- ✓ **Prevent Trained Staff:** All our staff have had PREVENT training, ensuring they are all able to identify the early stages of radicalisation and what to do. This is also part of the induction process for new staff. Our DSL has also completed the PREVENT referral training. If you have a concern about a child, get in touch.



- ✓ **Child Criminal and Sexual Exploitation:** All staff are trained annually, and are able to identify early indicators of potential cases of child criminal or sexual exploitation. DSLs will have additional updates to keep them up to date.



- ✓ **Female Genital Mutilation (FGM):** All staff receive annual training on FGM. Teachers know how to identify if a child may be at risk. They know the signs to look for and most importantly how to refer, following the schools safeguarding procedures.



- ✓ **Curriculum Initiatives:** Several curriculum initiatives at Cranford Park CE Primary School are designed to support the good mental health of our children. These include weekly Forest School and Outdoor Learning sessions, a progression of mindfulness techniques introduced throughout the school and our weekly University of Cranford Park sessions, which allow children to develop interests beyond the National Curriculum. We also offer a progression of residential visits from year 2, regular performance opportunities and a range of other fun events. In regular pause days and theme weeks add to the offer, supporting our to experience the pure joy of childhood.



- ✓ **PSHE and Relationships and Sex Education Programme:** Our school delivers Personal, Social, Health and Economics, (PSHE) and Relationship and Sex Education (RSE) programmes through JIGSAW. This programme further support the children’s understanding of how to keep themselves safe. It also broadens their understanding of strategies to develop their resilience, as well as their awareness of their mental health and approaches to keep this aspect of their lives healthy.



- ✓ **Online safety:** Through our Purple Mash computing curriculum, each year group is taught online safety lessons throughout the year, linking directly with areas of computing they are working on. We also run presentations led by the NSPCC. We support both children and parents to develop a greater awareness of the dangers they face online each day, as well as strategies to keep themselves safe.



Regular hints and tips to protect children online, relating to specific areas of interest for children such as Fortnite and Tik-Tok are shared via the newsletters. Our Online Safety lead, Emma Singer, leads on a whole school Internet Safety Day. Cranford Park CE Primary School uses the 360Safe online audit tool to ensure we are providing the highest level of practice in terms of online safety. This is reviewed annually.

- ✓ **Communication boxes:** As a resource for children to be able to share any concerns and worries, all classrooms have a ‘Communication Box’ where children can post to ask for some private time with the teacher or can record their concerns, safe in the knowledge that one of the Team will respond within 24 hours.



- ✓ **Extra-Curricular Clubs:** Extra-curricular clubs are offered to all children to encourage a healthy lifestyle, relationship building, physical activity and sports, social development skills and enhancement of the curriculum. Every class teacher runs an after school club for at least 6 weeks, ensuring we continue to provide a broad range of additional activities for children to enjoy and we also invite outside providers to host clubs in the school. Children who are disadvantaged are encouraged to join in the activities, which can be funded for them by the school.



Level 1 Support: School Liaison with Outside Agencies

As a school we work closely with other schools and agencies to provide support for our children and families, striving to ensure concerns, no matter how small, are listened to and supported effectively, maximising the chances of effectively safeguarding all of our children. We will liaise with outside agencies as appropriate to access further support for our families and children. Additional support we could access might include:

- ✓ **School Nurse:** We work closely with our school nurse, who is able to provide advice and guidance to parents on a variety of health and wellbeing issues.



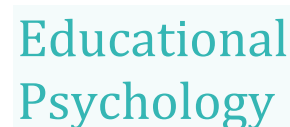
- ✓ **Speech and Language Support:** We recognise that Communication is both a vital and complex skill that develops gradually over time from the moment a child is born. It is important that children develop a firm foundation of earlier skills such as listening and playing so that they can successfully develop later skills such as using tricky sounds and spelling. Our SENCo can access the advice and support of the Speech and Language Therapy team.



- ✓ **Sensory Team** - Specialist Teacher Advisory Service – Sensory Loss (Hearing and Vision). The Sensory Team work with our SENCo to support our children with hearing loss or vision impairment or multi-sensory impairment, offering advice and support to the staff working with these children. This team also support other children in KS2 with EHCPs .



- ✓ **Educational Psychology Team:** Again, our SENCo can access the team for recommendations and additional support when trying to assess difficulties children may be having with learning.



- ✓ **Primary Behaviour Service:** This is a team we have worked with closely over the past two years. These experienced professionals provide whole school staff training and support as well as support for individuals causing concern.



- ✓ **Therapy:** We can access a play therapist when our children require this additional support, but this would come with an additional charge which could not be met by the school.. We can also support with referrals to CAMHS (Child and Adolescent Mental Health Services). They can work directly with young people experiencing or at risk of experiencing mental health difficulties. The service offers consultation, advice, support and training which can be specifically tailored to suit the professional seeking the service.



Level 2 Support: Family Help

“Stable home built on love”

If the decision is made that a Level 2 early help response is needed then the parent/carer will be offered advice, guidance and signposted to services to support the child and family via a SOS appointment. This comprises of up to three phone calls/Teams calls over a period of up to three months.

What is Family Help?

In April 2024, Family Support Service and CAST teams merged to form Family Help local teams. This was following an independent review of social care across the UK. Within Hart and Rushmoor, there are 5 local teams covering the area. This is to provide localised support for our families.

Family Help Links

Family Links support could include the following:

Nurture Programme (Parenting strategies to promote positive behaviours and emotions - 10 weeks, for parents and carers with children from 2-13 years old)

Parenting Puzzle (For those parents who can't commit to a 10 week course, this is for 4 weeks, for parenting and carers with children from 2-13 years)

Talking Teens (Parenting strategies to understand teenager behaviour - 4 weeks from 12-19 years old)

Non-Violent Resistance (NVR) – (for parents who are experiencing child to parent violence, for ages 8-17 years old. 12 week course. Must have completed a separate parenting course in the last 12 months.

Adverse Childhood Experiences (ACEs) – (Separate groups for parents or children who may have experienced trauma in their childhood, 10 weeks)

Parental Early Education Partnership (PEEP) a variety of 6 week courses for parents/carers and their children to join in together, learning how to play and support early childhood development.

Baby PEEP (under 12 month)

Toddler PEEP (1-4 years old)

Outdoor PEEP (confident walkers – 5 years old)

Transition PEEP (for pre-schoolers transitioning into Year R, delivered in schools)

HENRY (Promotes healthy living, for families with children 0-8 years old, includes diet, exercise and parenting - 8 weeks)

Tots Talking (Speech and language strategies for parents with 2 years old, who have been identified as being a late talker - 8 weeks)

To access level 2...

Parents can complete the online booking form

[Hart & Rushmoor - Parent Support Programme Request \(office.com\)](#) to book onto a course.

A Level 2 Request for Support Form can be completed for **SOS, Tots Talking and HENRY only** - <https://documents.hants.gov.uk/childrens-services/early-help/fss-level-2-referral-form-hart-rushmoor.doc>

Please find below details for some national organisations which can support children, young people and their families:

<p>Hampshire Safeguarding Team</p>	<p>If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the Hampshire Safeguarding Team.</p> <p><u>Hampshire Safeguarding Team</u> 07962 876364</p> <p>Children's Services 0845 603 5620</p> <p>Report a concern online at www.hampshirescp.org.uk on the <u>Report a Concern</u> page.</p> <p>Do not wait to discuss this with the DSL/DDSL but do report it afterwards.</p>
<p>HSCP Team</p>	<p>Not a frontline service. Contact with general queries about the work of the Partnership, including its subgroups: Tel: 01962 876355.</p> <p>Email: hscp@hants.gov.uk</p>
<p>Online Safety</p>	<p>Online Activity (phones, computers) can be a serious risk to children: The use of technology has become a significant component of many safeguarding issues. Child sexual exploitation; radicalisation; sexual predation – technology often provides the platform that facilitates harm. With the right support, education and safety measures in place the internet and new technologies can also bring great benefits but we must all be vigilant</p> <p>PACE (parents against child exploitation) UK is a useful website to engage parents with safety issues. www.paceuk.info/ https://www.thinkuknow.co.uk/parents/ - This is the Child Exploitation and Online Protection (CEOP) Centre. It's a one stop shop for most information about online safety. https://www.thinkuknow.co.uk/teachers (excellent resources) http://educateagainsthate.com/ - This is the government website to help parents and professionals understand the risks of children and young people being radicalised by extremists online and how to keep children safe from this www.internetmatters.org – A great site for helping parents keep their children safe online.</p>
<p>Mental Health</p>	<p>We have some useful self-help guides/leaflets available for you to access online. The guides are available for you to read online. The self-help guides can be accessed by typing the below link into your URL and selecting 'Self Help Guides': www.hacw.nhs.uk/a-to-z/letter-s/</p> <p>Staying Safe http://stayingsafe.net/</p> <p>SANE 0845 767 800 Email: sanemail@org.uk www.sane.org.uk</p> <p>Samaritans 116 123 (24 hour helpline) www.samaritans.org.uk</p> <p>Rethink Mental Illness 0300 5000 927 www.rethink.org</p> <p>Mental Health Foundation www.mentalhealth.org.uk</p> <p>MIND 0300 123 3393 or text 86463 www.mind.org.uk</p> <p>Anxiety UK 08444 775 774 www.anxietyuk.org.uk</p>

<p>Bullying (including cyberbullying)/ Child death/suicide/prevention</p>	<p>Cyberbullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else.</p> <p>If the police consider a message or post to be potentially criminal, they will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone’s life is threatened will be treated seriously. The police will consider all of the circumstances when considering the best response to a report of cyber bullying. They will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites that often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn’t in the UK. They will work with the victim to bring about the most suitable and proportionate conclusion, this will include alternative options that include the officer in the case using their discretion and working with the offender to record an apology to the victim.</p> <p>Useful links Bullying UK Childline</p> <p>KidScope: Our resources provide information on issues surrounding bullying, online and personal safety. They can be used directly by young people and parents, as well as in the classroom within schools and youth organisations.</p> <p>https://www.kidscape.org.uk/resources-and-publications/</p>
<p>Child Criminal Exploitation (County Lines)</p>	<p>Here is some guidance for frontline professionals on dealing with county lines, part of the government’s approach to ending gang violence and exploitation: https://www.gov.uk/government/publications/criminal-exploitation-of-children-and-vulnerable-adults-county-lines</p> <p>Children who are trafficked, exploited or coerced into committing crimes are victims in need of safeguarding and support. Though perceptions are altering these young people are still often criminalised and perceived as having ‘made a choice’ to take part in illegal activity. https://www.catch-22.org.uk/child-criminal-exploitation/</p>
<p>Child Sexual Exploitation (CSE)</p>	<p>Key facts about CSE</p> <ul style="list-style-type: none"> • It affects both girls and boys and can happen in all communities. • Any young person can be targeted but there are some particularly vulnerable groups: Looked After Children, Children Leaving Care and Children with Disabilities. • Victims of CSE may also be trafficked (locally, nationally and internationally). • Over 70% of adults involved in prostitution were sexually exploited as children or teenagers. • Sexual violence or abuse against children represents a major public health and social welfare problem within UK society, affecting 16% of children under 16. That is approximately 2 million children. <p>Making a referral</p> <p>The Local Authority has a duty to make enquiries where a child may be suffering harm or neglect. If you think that a child may be at risk then you can let them know on the number below:</p> <p><u>Hampshire Safeguarding Team</u> 07962 876364</p> <p>Useful Websites Barnardo's spot the signs: Advice for parents, professionals and young people on the signs of sexual exploitation and how to keep safe Department for Education (Gov.uk) National Action Plan for Tackling Child Sexual Exploitation Parents Against Child Sexual Exploitation pace is the leading national charity working with parents and carers whose children are sexually exploited NSPCC definitions, statistics, facts and resources about CSE. NWG Network: Fighting against CSE and working to inform, educate and prevent child sexual abuse within the UK. Spotting The Signs of Child Sexual Exploitation: a 15 minute YouTube clip from Health Education England</p>

Domestic violence	<p>National Domestic Abuse Helpline Languages: English (call & chat); other languages available via interpretation services (call) Phone hours: 24/7 Chat hours: Mon-Fri, 10AM - 10PM Further reading Controlling or Coercive Behaviour in an Intimate or Family Relationship Statutory Guidance Framework (GOV.UK website, opens in a new window) Groups for parents - information and guidance Multi-agency Statutory Guidance for the Conduct of Domestic Homicide Reviews (GOV.UK website, opens in a new window)</p>
Honour based violence (HBV)	<p>Honour’ based violence (HBV) occurs when perpetrators believe a relative or other individual has shamed or damaged a family’s or community’s ‘honour’ or reputation (known in some communities as izzat), and that the only way to redeem the damaged ‘honour’ is to punish and/or kill the individual. ‘Honour’ based violence is a term that is widely used to describe this sort of abuse however it is often referred to as so called ‘honour’ based violence because the concept of ‘honour’ is used by perpetrators to make excuses for their abuse. There is a very strong link between ‘honour’ based violence, forced marriage and domestic abuse. The term ‘Honour Based Violence’ is the internationally recognised term describing cultural justifications for violence and abuse. Honour Based Violence cuts across all cultures and communities: Turkish, Kurdish, Afghani, South Asian, African, Middle Eastern, South and Eastern European for example. This is not an exhaustive list.</p> <p>Where a culture is heavily male dominated, HBV may exist. The police have made it a high priority to help communities fight back to tackle both honour based violence and hate crime.</p> <p>The ‘Honour Network Help line’: 0800 5 999 247</p>
Female genital mutilation (FGM)	<p>Female Genital Mutilation (FGM) comprises all procedures involving partial or total removal or the external female genitalia. FGM is illegal in the UK and as of October 2015 mandatory reporting commenced. If education staff or other professionals discovers that an act FGM appears to have been carried out on a girl under 18 years old there is a statutory (legal) duty on teachers for them PERSONALLY to report it to the police.</p> <p>Read http://www.nhs.uk/Conditions/female-genitalmutilation for NHS information and signs of FGM. Any suspicion of FGM should be referred to the Police and social care.</p>
Forced marriage	<p>UK Forced Marriage Unit fm@fco.gov.uk Telephone: 020 7008 0151 Call 999 (police) in an emergency. www.gov.uk/stop-forced-marriage for information on Forced Marriage. Visit Home Office website to undertake Forced Marriage e-learning package https://www.gov.uk/forced-marriage. GSCB one day Awareness training delivered by Infobuzz www.gscb.org.uk Please see ‘Multi-Agency Practice Guidelines- Handling cases of Forced Marriage’ for more information and detail: https://www.gov.uk/forcedmarriage. Prevention Freedom Charity- Aneeta Prem ‘But it’s not fair’ book. A book for teenagers looking at forced marriage from the point of view of school friends of the girl who went to India and didn’t come back. This book promotes discussion. www.freedomcharity.org.uk The Freedom Charity (UK charity) have a helpline, text facility and app which can be downloaded to help to provide support and protection for victims of abuse, FGM or forced marriage. They can be contacted on tel: 0845 607 0133 or text 4freedom to 88802 or go to the website to download the app from the app page.</p>
Private fostering	<p>National Fostering Agency (NFA) Call on: 0808 284 9226</p> <p>Kinship Care Kinship care means that relatives or friends look after children who cannot live with their parents. Visit this website for more information: http://www.worcestershire.gov.uk/privatefostering</p>
Preventing Radicalisation and Extremism/Hate (PREVENT duty)	<p>www.educateagainsthate.com is the government website providing information and practical advice for parents, teachers and schools leaders on protecting children from radicalisation and extremism. Anti-Terrorist Hotline: tel 0800 789 321 also be raised by email to the Home office: counter.extremism@education.gsi.gov.uk. Let’s talk about it is an excellent website for parents: www.ltai.info/ as is www.preventtragedies.co.uk While it remains very rare for school age children to become involved in extremist activity to the point of committing criminal acts, young people can be exposed to extremist influences or prejudiced views, including via the internet, from an early age. As with other forms of criminality or risk of harm, early intervention is always preferable. Schools, working with other local partners, families and communities, can help support pupils who may be vulnerable as part of wider safeguarding responsibilities. Channel guidance: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/425189/Channel_Duty_Guidance_April_2015.pdf</p>

Sexting/ Sextortion/ youth produced imagery	http://www.nspcc.org.uk/preventing-abuse/keepingchildren- safe/sexting (NSPCC website).
Children Missing in Education (CME)	Children Missing Education (CME) refers to 'any child of compulsory school age who is not registered at any formally approved education activity eg school, alternative provision, elective home education, and has been out of education provision for at least 4 weeks'. CME also includes those children who are missing (family whereabouts unknown), and are usually children who are registered on a school roll / alternative provision. This might be a child who is not at their last known address and either has not taken up an allocated school place as expected, or has 10 or more days of continuous absence from school without explanation, or left school suddenly and the destination is unknown.
Children with family members in prison	Approximately 200,000 children have a parent sent to prison each year. These children are at risk of poor outcomes including poverty, stigma, isolation and poor mental health. NICCO (www.nicco.org.uk) provides information to support professionals working with offenders and their children to help mitigate the negative consequences for these children. https://www.solgrid.org.uk/education/safeguarding/child-protection/issues/children-family- prison/
Children and the court system	Children are sometimes required to give evidence in courts, either for crimes committed against them or for crimes they have witnessed. There are two guides to support these children which can be found at www.gov.uk (young witness booklet for 5 to 11 year olds) which is a pdf. There is also a document called “ going to court and being a witness age 12 to 17 ” which is also found at www.gov.uk . Making family arrangements via court can be stressful and entrench conflict in families. The ministry of Justice has just launched an online dispute resolution service. This can be useful to parents and carers. Got to www.gov.uk and search for “ get help with arrangements. ”
Stalking	General Advice: If it doesn't feel right it probably isn't! Seek support from trusted family/friends Report to the police and do this early Keep a diary in a secure location Screenshot emails etc and save them Photograph/video your stalker if safely possible. Get advice: Hollie Gazzard Trust, Paladin etc... Tighten security; home, work and on-line National Stalking Helpline For advice and support. The helpline will operate a triage service for local support and make referrals -Phone: 0808 802 0300 Website: www.stalkinghelpline.org Email: advice@stalkinghelpline.org Paladin: National Stalking Advocacy Service For advice and referral. Phone line: 020 3866 4107 Email: info@paladinservice.co.uk Website: www.paladinservice.co.uk/ Hollie Gazzard Trust https://holliegazzard.org/

Other Local and National Organisations and Resources to support our families

Name	Information	Contact	Website
The Sleep Charity	provide advice and support to empower the nation to sleep better. We campaign to improve sleep support and access to high quality information	info@thesleepcharity.org.uk	https://thesleepcharity.org.uk/
Closed The Sleep Council	Practical advice and support to help you adopt healthier sleep habits		https://sleepcouncil.org.uk/
The Mix	A website aimed at young people under the age of 25 years. Diverse range of resources and articles from body image, sex & relationships, drinking, housing, money etc. Also a support line for YP as well as crisis messenger		https://www.themix.org.uk/
One Eighty	A website aimed for teenagers and young people, lots of local (hart and rushmoor), up to date events for teenagers and young people to join in with.		Events One Eighty
Health for Teens	Health for Teens introduces a new and different way for young people aged 11-19 to learn about their health.		Health For Teens Everything you wanted to know about health
Five to Thrive	Our Five to Thrive Course is for first time and new parents and carers, or those who have a recommendation from their health visitor, who have babies aged 6 weeks to 6 months.		Five to Thrive New Baby : Hampshire Healthy Families
The Vine - Skills Hub	Held every Wednesday, on the Prospect Estate in Farnborough, and open to all the estate residents Computers are available for local residents to use, complete with free internet access. The friendly team is on hand to help with a wide range of job searching services including: writing CV's, improving computer skills, applying for jobs online and practicing interview skills.	skillsafe@pebl.info	Hubs - The Vine Centre www.pebl.info
Gingerbread	Providing support and advice for single parents	0808 802 0925	Home Gingerbread
Rushmoor Link	Local information, groups and activities		Find local support in Rushmoor - Rushmoor Link
OnePlusOne	Supporting parents who are going to be co-parenting after a breakdown of their relationship. Informative website, also includes a free App to support		OnePlusOne – homepage
Kinship Compass	An independent online information, advice and support hub just for kinship carers. The one place you can go for information, expert advice and support for every stage of your kinship care journey, tailored to your situation.		Kinship Compass Independent information hub for kinship carers

Hampshire SGO	The Family Connections Service provides free guidance, advice and support to Hampshire County Council's Special Guardians. We aim to help with all queries, big or small, and signpost you to other relevant services that may be able to help.		I'm a Special Guardian Children and Families Hampshire County Council (hants.gov.uk)
SGO charity support	SGO Support's aim is to bring together the support and resources that are available for Special Guardians into one place.		Home - SGO Support
Turning Point	Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.		Turning Point Homepage (turning-point.co.uk)
Here for Hart Directory	Use the Here for Hart Directory to find information about local activities, groups and services, whether you want to improve your health and wellbeing, socialise more, get active, learn something new, find a place to meet or to look for some support.		Search : Here for Hart Directory
Care to Learn	Gov funding to aims to help with childcare costs for under 20's who wish to study		Care to Learn: Overview - GOV.UK (www.gov.uk)
Form Filling	Service to support those who struggle with filling in forms.		Free Form Filling Service - FHIM New Start - Pathway To Success
Home Start	Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.	familysupport@hs.hants.org.uk	Home-Start Hampshire (Rushmore and Hart) contact details
Social Worker Toolbox	For SW's/FP's/AFP to access resouces to support direct work with children and their families. Some resouces may be helpful in SOS appointments		Free social work resources & tools for direct work with children and adults (socialworkerstoolbox.com)
The Sleep Foundation	Helpful articles and step by step stratagies on supporting sleep		Sleep Strategies for Children Sleep Foundation