



## Early Help for Children and Families Pinvin Community Preschool

At Pinvin Community Pre-school we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case, please come and talk to us.

We are lucky to have a very experienced team, many who are parents themselves and have a wealth of information and advice to share.



Zoe



Jenny



Bobby



Tracey



Victoria

### **Key Personnel:**

**The Designated Safeguarding Lead (DSL) is:** Bobby Pearson

**The Deputy DSL(s) are:** Tracey Blackmore and Zoe Corfield

**The nominated Safeguarding Trustee is:** Victoria Clarke

**The Manager is:** Zoe Corfield

**The Special Educational Needs Co-ordinator is:** Tracey Blackmore

**The Mental Health Champion is:** Jenny Richardson

Contact details: email: [office@pinvinpreschool.org](mailto:office@pinvinpreschool.org) Telephone: 01386 553600



## **Early Help Local Offer**

Early help means providing help and support to a child, young person or their family as soon as it is identified they need additional help and support. This could be at any point in a child or young person's life for example in pregnancy right the way through to their eighteenth birthday. Although we are an early year's setting, we care for the whole family and our intention is to support you through the ups and downs of family life, whether this is support directly for the early year's child or an older sibling or family member.

At Pinvin Community Preschool we know that by us all working together and helping families access the right help and support at the right time, at the earliest opportunity we can support children to meeting their full potential. By addressing the challenges or difficulties that they are facing, we can prevent these from escalating for them and their family.

This can be help and support on more than one occasion as we know children's needs change as they grow and develop. Family and societal circumstances can change and we are here to help you navigate the family's journey.

### **Early Help can support children and their families who may be struggling with:**

- Routines and family rules
- Families who may be not be eating healthy food
- Keeping to a healthy lifestyle
- Children who may not want to go to school for different reasons
- Disability within the family including children being a young carer
- Children in the family have special educational needs (SEND)
- Children who may becoming involved in anti-social or criminal behaviour
- Children who go missing from home
- Children or parents / carers misusing drugs or alcohol
- Children at risk of being tricked, forced or made to work in the criminal world
- Children who may need support because they may live in a home and see drug or alcohol abuse, adult mental health problems or have parents who argue a lot (and sometimes might hurt each other)
- Children at risk of being groomed to join groups which support illegal views
- A privately fostered child (a child from another family living within your family home)

Early help relies upon local groups and people in the community, sometimes we work together to help children, young people, and their families. On the following pages you will find a list of support we can offer or signpost to.



## Family Support and Advice



Worcestershire Children's First have created an online Family Hub page offering lots of information and advice ranging from parenting courses to support with oral hygiene, support for families effected by Covid-19 and much more. Certainly, worth a look.

[The Family Hub | Worcestershire County Council](https://www.worcestershire.gov.uk/info/20643/the_family_hub)  
[https://www.worcestershire.gov.uk/info/20643/the\\_family\\_hub](https://www.worcestershire.gov.uk/info/20643/the_family_hub)



Starting Well in Worcestershire service brings together teams of staff who provide help and support to children, young people and families. The service will provide support to expectant mums, to newborn babies, to school aged children and teenagers and will work to encourage development and progress.

Support for parents and families: [Support for parents and families | Starting Well \(startingwellworcs.nhs.uk\)](https://startingwellworcs.nhs.uk) (Parental wellbeing, parenting groups, feeding, sleeping, reducing parental conflict, financial and childcare support and supporting children who are being bullied.)

[Chat Health, a free and confidential text service which puts 11-19 year olds in touch with their local school health nurses - Text service supporting young people | Latest news, updates and opportunities | Starting Well \(startingwellworcs.nhs.uk\)](https://startingwellworcs.nhs.uk)



<https://keepyourcooltoolbox.com>

Access FREE, quick and effective ways to help young children and teenagers to better manage their emotions.



Homestart provides help to families with children under 5 and their older siblings to improve health, wellbeing and family relationships. This support can help parents as they learn to cope and build confidence to provide the best they can for their children.

Your local Home-Start family offers support for Worcester, Evesham, Malvern, Pershore, Droitwich, Upton upon Severn, Tenbury Wells, and all communities within the Worcester city, Wychavon and Malvern Hills districts of Worcestershire.

[Home-Start | South Worcestershire \(home-startsw.org.uk\)](http://home-startsw.org.uk)

Email: [admin@newstarts.org.uk](mailto:admin@newstarts.org.uk)

Website [www.newstarts.org.uk](http://www.newstarts.org.uk)



Family Learning courses are for parents and carers so they can support their child and family at home and develop their own skills improving their health and wellbeing, improving their social interactions by making friends and engaging in a group, supporting them to find volunteer opportunities or empowering them to progress to further accredited courses or into employment. Family Learning works closely with schools and communities to deliver courses that meet the needs of parents and carers. Our courses are free for anyone earning less than £17,000 per year or anyone unemployed and on benefits.

- Link to book onto courses: [www.Worcestershire.gov.uk/courses](http://www.Worcestershire.gov.uk/courses)
- Email to contact the Family Learning Manager to request bespoke courses: [jharris5@worcestershire.gov.uk](mailto:jharris5@worcestershire.gov.uk)
- Adult Community Learning Team phone number for any enquiries: 01905-728537

Website address:

[https://www.worcestershire.gov.uk/info/20437/adult\\_and\\_family\\_learning\\_courses](https://www.worcestershire.gov.uk/info/20437/adult_and_family_learning_courses)

Children's Centres in Worcestershire are run by lots of different providers. Many of them are run by schools and early years settings (e.g., nurseries) providing childcare, antenatal and postnatal services and in some cases extra services, such as speech and language and family support, to meet the needs of families in their local area.

As well as the centres run by schools and settings, there is at least one Children's Centre in each district that is run by Parenting and Family Support providers who Worcestershire County Council commission (fund) to deliver groups and support to parents and families. Activities such as stay and play groups, baby massage and breastfeeding support groups continue to be delivered across Worcestershire and are often run by trained volunteers or independent groups.

[www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres)

Blossom Vale Children's Centre, Pershore

Address Abbey Road Pershore WR10 1DF

Telephone 01386 552722

<https://www.facebook.com/pershorecc/>



A community action scheme, originally dedicated to helping those who needed support during the COVID-19 pandemic. We are now evolving the service so it offers advice, support and help to a wide range of services across Worcestershire.

<https://www.worcestershire.gov.uk/here2help>



At times you might experience parental conflict and need a little bit of help or support as a family.

[Harmony\\_at\\_Home\\_Z\\_Card\\_1\\_\(1\).pdf](#)



## Healthy lifestyles

### Family Front Door

Smart information-sharing portal

<https://www.worcestershire.gov.uk/familyfrontdoor>

Our aim is to work with parents, carers and young people together and to offer advice and support before a situation reaches crisis point. We also work in partnership with, and may refer you to, other services and community groups, including education, health, housing, benefits agencies and the police that can help support you.



<https://www.nhs.uk/change4life/activities>

Kids need to be active for 60 minutes a day. From our fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving!



<https://cosmickids.com/>

Fun and easy to follow yoga videos for children

**NHS**

**Herefordshire and Worcestershire  
Health and Care**

NHS Trust

Health Visitors are qualified nurses or midwives who have an additional degree or post graduate diploma in Specialist Community Public Health Nursing. They have had specialist training in child development and health promotion and can support families to prevent illness and to promote good health.

We provide a family focused service to ensure children and families have a positive start in life. We are community based to ensure our service continues to be accessible to all. Health Visitors will also provide support over the telephone.

We can help with;

Keeping children safe and preventing accidents

Support with Healthier lifestyles – Smoking cessation, alcohol and substance misuse

An unhappy or violent relationship or family conflict

Immunisation/screening programmes

[Worcestershire Health Visiting Service | Starting Well \(startingwellworcs.nhs.uk\)](#)



<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth.

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth

decay-free.

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches.html>



[html](#)

Also see the NHS Eat well guide for ideas and tips to encourage healthy eating. [The Eatwell Guide - NHS \(www.nhs.uk\)](#)



Food, activities and support available to families and children from nursery and primary aged, through to older children and teenagers during the school holidays - [Ready Steady Worcestershire - school holiday food and activities | Worcestershire County Council](#)

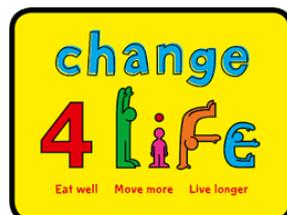


[Get active your way - NHS \(www.nhs.uk\)](#)

Top tips to start to get active.

**Here 4 Youth**, young person's alcohol and drug service: [Here4YOUth Worcestershire - Cranstoun](#)

Here 4 Youth is support service for children and young people up to the age of 18 who may be struggling with their use of drug and / or alcohol.



Change 4 Life is an initiative that offers information and advice to improve diet and fitness levels in the UK population, providing a range of resources, activities, and recipes to support this change.

[Home | Change4Life \(www.nhs.uk\)](#)



An amazing organisation who help and support with all toileting issues.

<https://www.eric.org.uk/>



CAPT provides free child safety advice and information to parent carers, families and professionals.

[Child Accident Prevention Trust \(capt.org.uk\)](http://capt.org.uk)



[www.netmums.com](http://www.netmums.com)

Netmums is the UK's most relevant, inclusive and supportive parenting community, welcoming millions of parents every month to our forum, parenting content, recipes, local listings, product reviews, email newsletters and courses.



Fathering Together's mission is to build supportive communities for fathers enriched by resources and storytelling. Fathering Together recognizes that fathers come in many forms. Fathers can be biological dads, stepfathers, dads who adopt, uncles, grandfathers, and mentors.

<https://www.fatheringtogether.org/>



Social media can be a great way to contact local groups and find support and friendship along the way. Why not add these to your profile:

Pershore Noticeboard

Pinvin Village Noticeboard

Pinvin Preschool (public page)

Parents of Pinvin Preschool (private group)



## Mental Health and Well-being



BESTIE is an interactive app developed by Worcestershire Health and Care NHS Trust and designed by local young people, CAMHS clinicians and IT experts – has recently been launched by Worcestershire Health and Care NHS Trust CAMHS. BESTIE is freely available and can be found by searching for 'Worcestershire BESTIE' on Apple and Android phones or tablets. A web-based version is available at [www.camhsbestie.co.uk](http://www.camhsbestie.co.uk)

Link to WCC Mental Health and Emotional Wellbeing page: [Mental health and emotional wellbeing | Worcestershire County Council](#)

Kooth '**your online mental wellbeing community**' [Home - Kooth](#)

Kooth is staffed by fully trained and qualified counsellors and is available until 10pm each night, 365 day per year. It is free, safe and provides a non-stigmatising way for young people to receive counselling, advice and support online.

**Reach 4 Wellbeing** [Reach 4 Wellbeing | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

The Reach 4 Wellbeing team aims to promote positive wellbeing, reaching children and young people in their communities to reduce the stigma of mental health. They provide short-term group programmes for children and young people aged 5-18 experiencing mild to moderate anxiety and low mood, using cognitive behaviour therapy-based principles. Reach 4 Wellbeing is a self-referral service.

**CAMHS CAST** [CAMHS CAST Service | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

[PAPYRUS Home | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#)

[Suicide prevention support, offering free and confidential helplines, advice, webchats, and resources.](#)

**Winston's Wish** [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)



<https://www.nhs.uk/apps-library/category/mental-health/>  
An easy-to-use library resources for Apps.



[44 Children's Books About Mental Health | Child Mind Institute](#)



<https://www.samaritans.org/>  
Support is available 24-hours a day, 365 days a year.



Many of the Young Adults and Adults we work with have multiple and complex needs. YSS build close working relationships to provide tailored practical and emotional support to make sure that children or young people and their families get the right support.  
Family First from YSS [www.yss.org.uk/help-for-cyfp](http://www.yss.org.uk/help-for-cyfp)



Explains self-harm, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family. [www.mind.org](http://www.mind.org)



During the pandemic, we've seen more and more people become ill or relapse, and NHS waiting lists grow alarmingly. Right now, for many, our services are a lifeline.

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)



[Healthy Minds Home | Healthy Minds \(whct.nhs.uk\)](http://whct.nhs.uk)

Free confidential support, including online therapy, groups, and courses, 1.1 support and resources appropriate your individual needs.



## Local Community Support



The Hub has two key functions. The first is to be a safe space where people of all ages can seek out a friendly ear, where **trained volunteers can listen, support, and enable people to live healthier and happier lives**. We will offer assistance to people who have difficulty navigating bureaucracy, for instance with the completion of official forms (Attendance Allowance, letters and bills etc). Our team can offer life-coaching in everything from problems at work, rearing children, caring for elderly relatives, and mentoring. This non-clinical space will also play host to NHS Social Prescribers and Lifestyle Coaches.

[Persore Wellbeing Hub](#) or pop in, No 4 High Street Pershore.



The purpose-built Riverside Centre provides a welcoming space, with time to think, away from school and home.

<https://www.pershoreriversidecentre.org.uk>



We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

<https://persore.foodbank.org.uk>



Why not add Pershore cops to your Facebook account?

Pershore Cops is the official West Mercia Police Facebook page for Pershore Town and Rural Safer Neighbourhood Teams.



Putting volunteering at the heart of the community to reduce rural and social isolation for local people.

<https://www.pershorevolunters.org.uk>

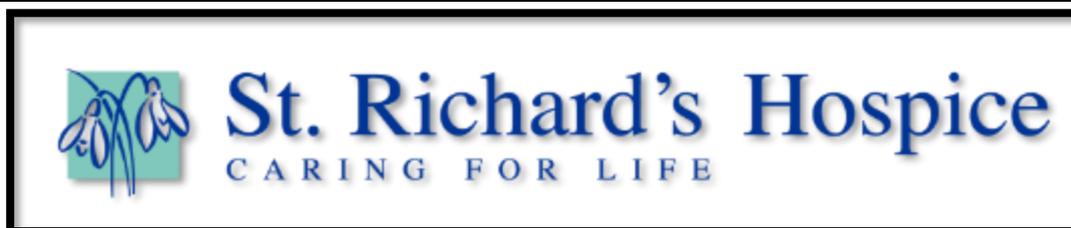


## WYCHAVON

There are many clubs and societies across Wychavon. Use the links below to help you find what you are looking for

- [Sports Clubs](#) - this will take you to the Sports Partnership website where you can put in the information you require and a search will be done to find the nearest club to you
- [Persore Arts](#) - Persore Arts provides artists, photographers and craftspeople with an opportunity to meet friendly, like-minded people once a week, to attend talks, demonstrations and workshops. There are also opportunities to exhibit work and be involved in community arts projects.
- [Droitwich Arts Network](#) - Droitwich Spa Arts Network is a network for amateur and professional artists that live or work in and around the Droitwich Spa area. It is for people that are interested or work in the visual, performing and digital arts. If you are feeling isolated it is a way to connect and work with other artists

<https://www.wychavon.gov.uk>



St Richard's cares for adults with a serious progressive illness, improving their quality of life from diagnosis, during treatment and to their last days. We also support their loved ones.

<https://www.strichardshospice.org.uk>



### Sing-Along with Eve

[eve\\_lyn.meusz@outlook.com](mailto:eve_lyn.meusz@outlook.com)

Enjoy singing for fun? Then come along to a session.

07920 047044



## Medical Support



Social Prescribing aims to support individuals to take greater control of their health and feel more empowered to look after themselves.

Social Prescribers are based within GP practices and secondary care settings. GPs and other health and social care professionals can refer in to the service.

Social Prescribing links patients with non-medical support to address people's needs in a holistic way. It recognises that people's health is determined primarily by a range of social, economic and environmental factors and aims to support people to address and deal with issues relating to these factors.

<https://www.onside-advocacy.org.uk/social-prescribing>

[www.pershoremedicalpractice.co.uk](http://www.pershoremedicalpractice.co.uk)



<https://www.abbotswoodmedicalcentre.co.uk>

[How to find an NHS dentist - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Baby loss information and support  
Sadly, some babies are lost during pregnancy, birth, or shortly afterwards. We have information and support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons. [Baby loss information and support | Tommy's \(tommys.org\)](https://www.tommys.org)



If you are a new parent this website covers a range of useful topics, from breastfeeding, antenatal and postnatal topics.

If you are a new parent this website covers a range of useful topics, from breastfeeding, antenatal and postnatal topics. [Local activities & meet-ups | NCT](https://www.nct.org.uk)



## Early Years Child Development



Hungry Little Minds is a must have resource for all parents and those working with babies and children. This campaign celebrates how babies and children have a hunger for knowledge, wanting to explore and understand the world around them. The website has a wealth of ideas to help support communication at this exciting time.

<https://hungrylittleminds.campaign.gov.uk/>



Tiny Happy People is a BBC website designed to support parents and carers with children's early communication skills.

<https://www.bbc.co.uk/tiny-happy-people>



The BBC's Teach website has some excellent videos on ideas to use with children at all ages of development.

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx>



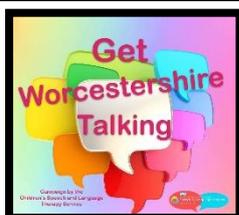
"The Children's Speech and Language Therapy Service provides evidence-based services that anticipate and respond to the needs of children and young people who experience speech, language, communication or swallowing difficulties in Worcestershire and beyond."

<https://www.hacw.nhs.uk/childrensSLT>



"I CAN is the children's communication charity. We are experts in helping children develop the speech, language and communication skills they need to thrive in a 21st century world."

<https://ican.org.uk/>



Providing speech and language therapy services to children and young people in Worcestershire.

[\(2\) Worcestershire Speech and Language Therapy | Facebook](#)



## Special Educational Needs

CWD Team - [Social care support for children with disabilities | Social care support for children with disabilities | Worcestershire County Council](#)

The children with disabilities social care team provide services specifically to meet the needs of children and young people with complex disabilities and their families.

**Advice and support directly for children and families with SEND - [Support A-Z Information - SENDIASS Worcestershire and Herefordshire \(sendiasshw.co.uk\)](#)**

**SEND Local Offer [SEND Local Offer | Worcestershire County Council](#) or [localoffer@worcestershirechildrenfirst.org.uk](mailto:localoffer@worcestershirechildrenfirst.org.uk)**

Worcestershire's SEND Local Offer provides information about the different provision available to families across education, health and social care for children with special educational needs and / or disability.

Useful support groups / services:

- [autismlinks](#)
- [Autism West Midlands](#)
- [Autism in Worcestershire](#)
- [Disability Information Advice Line \(DIAL\) Worcestershire](#)
- Dyslexia Parent Support Group - [Worcestershire Dyslexic Support Group](#)

[Learning Disabilities \(opens in a new window\)](#)



Our no-nonsense information and resources will help you get to grips with learning disability.

[www.mencap.org.uk](http://www.mencap.org.uk)



We're Scope, the disability equality charity in England and Wales.

We provide practical information and emotional support when it's most needed.

We are proud to campaign relentlessly to create a fairer society.

<https://www.scope.org.uk>



## Safeguarding



**NSPCC**

NSPCC provides support and advice for families on how to keep children safe from abuse, bullying or neglect. They also have information on how to keep children safe online.

[NSPCC | The UK children's charity | NSPCC](#)



**Get Safe**

Connecting Services to Keep People Safe



**TELL SOMEONE**

[www.tell-someone.org](http://www.tell-someone.org)

Useful Websites:

[Criminal exploitation and gangs | NSPCC](#)

[www.worcestershire.gov.uk/GetSafe-keepingchildrenandyoungpeoplesafefromcriminalexploitation](http://www.worcestershire.gov.uk/GetSafe-keepingchildrenandyoungpeoplesafefromcriminalexploitation)

Children at risk of being tricked, forced or made to work in the criminal world - [Our aims | Prevention of extremism and radicalisation | Worcestershire County Council](#)

Educate against the hate: [Educate Against Hate - Prevent Radicalisation & Extremism](#)

[Lets Talk About It - Working Together To Prevent Terrorism \(Itai.info\)](#)

[www.preventtragedies.co.uk](http://www.preventtragedies.co.uk)

Female Genital Mutilation (FGM) is when a female's genitals are removed with no medical reasoning.

Any concerns or suspicion of FGM should be referred to the Police and social care.

Read <http://www.nhs.uk/Conditions/female-genitalmutilation> for NHS information and signs of FGM.



[Honour based violence and female genital mutilation | Types of criminal exploitation | Worcestershire County Council](#)

Honour based violence (HBV) can affect men and women across a number of cultures and communities and is defined as a crime or incident committed to protect or defend the honour of the family.

- **Karma Nirvana** UK helpline: 08005 999247 Monday to Friday or [Info@karmanirvana.org.uk](mailto:Info@karmanirvana.org.uk)  
**Honour network survivors helpline:** 0800 5999247 or online help for mixed couples whose relationship are opposed by family or community.  
**Refuge Halo Project:** [Refuge \(opens in a new window\)](#)
- **Safe lives-** [rea@safelives.org.uk](mailto:rea@safelives.org.uk)
- Freedom Charity [www.freedomcharity.org.uk](http://www.freedomcharity.org.uk)

[Forced Marriage | Forced Marriage | Worcestershire County Council](#)

UK Forced Marriage Unit [fmf@fco.gov.uk](mailto:fmf@fco.gov.uk) or 020 7008 0151

<https://www.gov.uk/forcedmarriage>

[Online Safety - Worcestershire Safeguarding Boards \(safeguardingworcestershire.org.uk\)](#)

<http://www.nspcc.org.uk/preventing-abuse/keepingchildren-safe/sexting>

<https://www.ceop.police.uk/safety-centre/>

The Family Front Door, Initial Contact and Referral Team is the central point for all referrals for children and young people aged 0 to 18 years and living in Worcestershire where there is safeguarding or child protection concerns for them.

This team receives referrals from professionals, members of the community, family members, children and young people directly. Please contact the Family Front Door directly telephone [01905 822666](tel:01905822666)

[Refer to Children's Social Care | Worcestershire County Council](#)



For information about West Mercia Rape and Sexual Abuse visit:

<https://www.wmrsasc.org.uk/>

[Sexual Violence and Abuse | Sexual Violence and Abuse | Worcestershire County Council](#)



Action for Children – Parenting Support Services

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)



[www.barnados.org.uk](http://www.barnados.org.uk)

We provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.



Foster children and foster carers come from wide and diverse backgrounds. Fostering is about being able to look after a child who is not your own to help them thrive. We welcome enquires from people from any marital status, sexuality, race, religion, and gender, who can provide a child with a loving, safe, and caring home.

[64939 WCFF Information Pack v02.pdf](#)



Domestic abuse is a pattern of behaviour on the part of the abuser designed to control their partner. It can happen at any point in a relationship, including after you have split up.

The freephone, 24-hour National Domestic Abuse Helpline

0808 2000 247

<https://www.nationaldahelpline.org.uk>

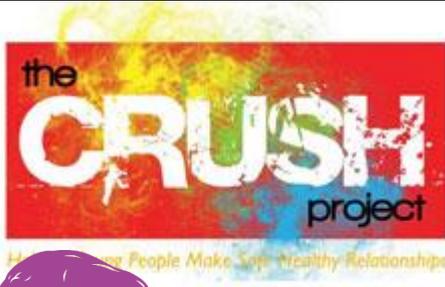


Stop Hate UK works alongside local strategic partnerships to tackle Hate Crime and discrimination, encourage reporting and support the individuals and communities it affects. We provide a toolkit to help improve local responses to Hate Crime and an alternative for people who do not wish to report Hate Crime to the police or other statutory agencies

<https://www.stophateuk.org>



## Relationships



**CRUSH** - is an awareness raising and support programme to help young people make safe and healthy relationships. The sessions are run in small groups and are specifically designed for 13–19-year-olds.

<http://www.westmerciawomensaid.org/crush/>

**Hollie Gazzard Trust** <https://holliegazzard.org/> helps reduce domestic violence through creating and delivering programmes on domestic abuse and promoting healthy relationships to schools and colleges.

### Information for children and families who may be experiencing domestic abuse:

If you find yourself in a situation where you are unsafe at home, due to domestic abuse and violence, or know someone who is, there is help available.

The West Mercia Women's Aid Helpline on **0800 980 3331** is available 24 hours a day and connects you to a trained worker who can offer you support, safety planning, information, and advice.

Men's Advice Line on **0808 801 0327** (Monday to Friday 9.00am to 5.00pm)  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk).

If you find yourself or someone you know in an emergency always dial [999](tel:999) and ask for police.

**If you are not safe to speak - call 999 and then press 55.** Guidance on the silent calls ("Silent solution"): [Silent solution guide \(Independent Office for Police Conduct website, opens in a new window\)](#).

Useful support links:

[Domestic Abuse and Sexual Violence | Worcestershire County Council](#)

[Our Services | West Mercia Women's Aid \(westmerciawomensaid.org\)](#) – West Mercia Women’s Aid (WMWA) provides emotional and practical services for those whose lives have been affected by domestic abuse

WMWA works to ensure that victims are safe, have information and choice in how they can live their lives, and feel supported in their recovery from abuse.

[Dawn Project | Worcester | Worcester Community Trust](#)

[A free and non-confidential network for victims of domestic abuse to make informed choices and decisions towards change.](#)



The Gender Trust  
[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

[The Gender Trust provide a range of information regarding](#)

[gender concepts, dysphoria, reassignment discrimination and transgender laws for individuals who are affected by gender identity issues.](#)

[Community \(worcestershirepride.org\) Welcome To Gay Worcester](#)



### **Worcestershire Integrated Sexual Health Service (WISH)**

WISH provides free and confidential advice, information and support around relationships and sexual health. This is a confidential, non - judgemental service. WISH provides contraception including LARC and free condoms. WISH provide testing and treatment for sexually transmitted infections.

Worcestershire’s 3 main clinic sites are:

- The Arrowside unit at the Alexandra Hospital in Redditch
- Aconbury North on the site of Worcester Royal Hospital in Worcester
- Kidderminster Health Centre.

### **Under 21 Saturday Service**

Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays -  
**Please call: 01905 681673 for further details.**



Young People have a telephone consultation and are asked questions about their relationships. Callers will be advised what to do next and directed towards a clinic if necessary.

WISH have a dedicated Outreach nursing service. Referral forms can be found at [www.knowyourstuff.nhs.uk](http://www.knowyourstuff.nhs.uk) The Outreach team see young and vulnerable people who couldn't otherwise access sexual health services.

Free online Chlamydia Screening is available from [www.SH24.org](http://www.SH24.org) Chlamydia is detected by taking an easy DIY test. This is either a urine sample for or a self-taken vaginal swab for people with a vagina. There is no need to be examined by a health professional. For more information about the Chlamydia Screening Programme visit [www.SH24.org](http://www.SH24.org)



Most people have times in their lives when difficulties seem hard to cope with; talking things through with a counsellor can make a real difference. Relate Worcestershire has been delivering relationship counselling to people of all ages, backgrounds and sexual orientations in Worcestershire

<https://www.relate.org.uk/hereford-worcester>



The Children Missing Education Team can work with children and families to ensure they are safe and help them to identify an appropriate education provision.

This is the link for Children Missing Education on the Worcestershire website [http://www.worcestershire.gov.uk/info/20595/behaviour\\_and\\_attendance/293/children\\_missing\\_education](http://www.worcestershire.gov.uk/info/20595/behaviour_and_attendance/293/children_missing_education)

CME Team Contact Details: [EdWelfareCME@worcschildrenfirst.org.uk](mailto:EdWelfareCME@worcschildrenfirst.org.uk) or 01905 844666

**The Education Welfare Service (EWS)** is available to assist schools and settings to promote regular pupil attendance and address persistent absence.

EWS Contact Details: [edinvservice@worcschildrenfirst.org.uk](mailto:edinvservice@worcschildrenfirst.org.uk) or **01905 844667**



EWS as part of Early  
Help Offer.docx



### [The Virtual School | Worcestershire County Council](#)

We are a statutory service which exists to support and challenge all those involved in the education of children in care. We work primarily with school age children and use the Personal Educational Plan as a vehicle for raising standards and improving educational outcomes. We also support Post 16 learning and Early Years and have a network of staff supporting colleagues and agencies in these areas.



**Worcestershire Young Carers** aims to identify, and support children and young people aged 7 to 24 years who have a caring role within

the home and help look after a parent, sibling or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.

Professionals can refer young people to Worcestershire Young Carers by completing a referral form available on the website [www.yss.org.uk/worcestershire-young-carers](http://www.yss.org.uk/worcestershire-young-carers) . Young people can also refer themselves via a form on the website or by calling 01905 619866 or by emailing [youngcarers@yss.org.uk](mailto:youngcarers@yss.org.uk)

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a partner, and parent, in prison.

### [Families First | YSS](#)

Email [familiesfirst@yss.org.uk](mailto:familiesfirst@yss.org.uk)



Children in Service families face some big challenges, such as emotional strain due to parents being deployed, frequent house moves and problems with admission into schools.

We have explored these challenges and produced best practice guides looking at ways to support Service children in school.

[www.britishlegion.org.uk](http://www.britishlegion.org.uk)



### National Stalking Helpline

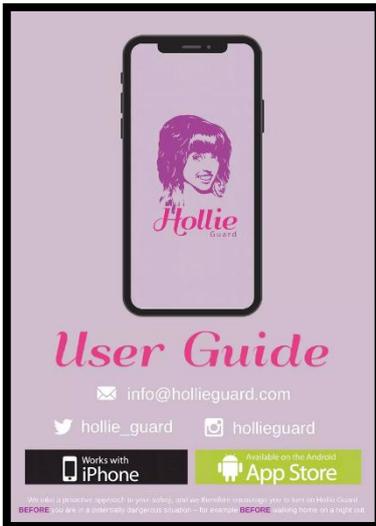
For advice and support. The helpline will operate a triage service for local support and make referrals -  
Phone: 0808 802 030  
Website: [www.stalkinghelpline.org](http://www.stalkinghelpline.org)

Email: [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org)



### Paladin: National Stalking Advocacy Service

For advice and referral. Phone line: 020 3866 4107. Email: [info@paladinservice.co.uk](mailto:info@paladinservice.co.uk)  
Website: [www.paladinservice.co.uk/](http://www.paladinservice.co.uk/)



Hollie Guard is a next generation smartphone app that provides enhanced levels of protection.

Hollie Guard has you covered, whether you're working alone, travelling to an unknown area or simply commuting around town.

With Hollie Guard, you can set extra levels of protection from right inside the App.

Our NEW 24/7 monitoring service provides direct access to a dedicated emergency response team who are fully equipped to assess your situation and are trained in appropriate escalation procedures.

## Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



Led by **IOPC** (Independent Office for Police Complaints) Supported by **women's aid** and **NPCC** (National Police Chiefs' Association)



## Housing



Basement offers support to children and young people aged 16 to 25 years old who are homeless or at risk of being homeless, offering a drop-in centre and floating support across communities.

[Contact us | The Basement Project \(bromsgrovebasementproject.org.uk\)](https://www.bromsgrovebasementproject.org.uk)

**Platform Housing** - [Home | Platform Housing Group \(platformhg.com\)](https://platformhg.com)

**North Worcestershire Basement Project** - [support to young people in North Worcestershire who are homeless \(bromsgrovebasementproject.org.uk\)](https://www.bromsgrovebasementproject.org.uk)

Basement offers support to children and young people aged 16 – 25 years old who are homeless or at risk of being homeless, offering a drop in centre and floating support across communities.

**St Basils** - [Home \(stbasils.org.uk\)](https://stbasils.org.uk)

St Basils work with young people to help develop the skills to find and keep a home, grow their confidence, increase opportunity and reduce homelessness.

**YMCA** - [Supported Housing | YMCA Worcestershire](https://www.ymca.org.uk)

The YMCA offers supported housing to children and young people, along with access to education and training to help build life skills and engage within the community.

**Wyre Forest & South Worcestershire Nightstop** - [Wyre Forest and South Worcestershire Nightstop and Mediation Service | Helping homeless young people \(wyreforestnightstop.org.uk\)](https://www.wyreforestnightstop.org.uk)

Providing safe, emergency, temporary accommodation and family mediation for homeless young people between 16-25 years.

**Redditch Nightstop** - [Redditch Nightstop – Homeless Prevention & Support Services](https://www.redditchnightstop.org.uk)

Redditch Nightstop provides emergency accommodation, supported lodgings, support and learning opportunities for those aged between 16 and 35.

Individuals or families who are at risk of being homeless should contact their local district council who can provide information and advice on housing options.

Contact details are available via the following websites:

**Wychavon District Council** - [www.wychavon.gov.uk/housing](https://www.wychavon.gov.uk/housing)

## Finances

**A loan shark** is someone who lends cash as an unauthorised business.

It's not always easy to spot a loan shark as they come in all shapes and sizes and will at first appear friendly, just part of the community. It's when you can't pay that there will be threats or other criminal behaviour from the loan shark.

[Home - Stop Loan Sharks](#)



What is a loan shark.doc



Stop Loan Sharks Partner Social Media 130\_LoanSharkGene



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Education resources for primary schools (5- 11) and secondary schools/colleges (11 – 19). The resources are completely free of charge that can be downloaded from [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk), and aligned to the curriculum with Young Money quality mark. Both packs, cover key stages 2, 3, 4 and 5, and are about financial inclusion whilst talking sensitively about Loan Sharks and highlighting loan sharking being safeguarding issue for teachers. The resources have links to English, Maths and Drama, amongst other subjects.



CONFUSED1.pdf



### Couch to financial fitness campaign

Would you like to feel more in control of your finances? Then let us help you cut through the jargon and become more confident when it comes to making decisions about your money and pensions.



### Free guidance on all money topics:

Benefits, family and care, money troubles, savings, everyday money, homes, pensions and retirement and work. [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

[Money, debts, budgeting and welfare support | Money, debts, budgeting and welfare support | Worcestershire County Council](#)

[Applying for Free School Meals | Applying for Free School Meals | Worcestershire County Council](#)



Healthy Start is a Government Scheme that provides weekly vouchers to eligible parents and can help you if you're pregnant or have a young child under four. These vouchers can be spent on milk, fruit and vegetables and infant formula milk at your local shops and supermarkets, as well as offering

coupons for free vitamins too.

[Healthy Start | Healthy Start | Worcestershire County Council](#)



<https://actonenergy.org.uk/> Act on Energy encourages energy conservation by providing free and impartial advice to householders and small businesses in Warwickshire, Worcestershire, Birmingham, Coventry, Solihull and surrounding local areas.



[Money Saving Expert: Credit Cards, Shopping, Bank Charges, Cheap Flights and more](#)

Advice on where to cut household costs. Also can be seen on television, 'Martin Lewis Money Saving Expert'.

Universal Credit is a monthly payment to help with your living costs. You may be able to get it if you're on a low income, out of work or you cannot work.

[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)



[Help paying for childcare: 15 hours free childcare for 3 and 4-year-olds - GOV.UK \(www.gov.uk\)](#)

[30 hours free childcare - GOV.UK \(www.gov.uk\)](#)

[Help paying for childcare: Free education and childcare for 2-year-olds - GOV.UK \(www.gov.uk\)](#)

[Tax-Free Childcare - GOV.UK \(www.gov.uk\)](#)



## Recovery



Julie Ward is an expert Alcohol Dependency Specialist who works with people looking to make a positive change to their drinking.

Through her personal experience and learning what works for herself and her clients, she has developed an on-line email programme which is proven as a positive

first step in gaining the control back either by reducing or quitting

[14 Day Course – Act Alcohol](#)



Are gambling problems affecting you, or those close to you?

GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.

[Home - GamCare - The leading provider of support for anyone affected by problem gambling in Great Britain](#)



[Drug addiction: getting help - NHS \(www.nhs.uk\)](http://www.nhs.uk)



### Fusion BBO

Building Better Opportunities (BBO) is designed to help local people move closer to or into employment, improve lives and secure the future prosperity of Worcestershire

<https://www.fusionworcs.co.uk/projects/bbo/>



## Citizens Advice



Citizens Advice South Worcestershire is an independent charity operating as part of the Citizens Advice Network. We have two main offices in Malvern Hills and Evesham, and a number of other outreach sites across the district. We are also a member of the Worcestershire Advice Network. See this link for more details:

<http://worcestershireadvicenetwork.org.uk/>

Every year we help over 6,000 local people resolve their problems by providing information, advice and support.

We can help with Benefits and Pensions, Debt, Money Advice, Housing, Employment, Relationships and Family issues, Community and Home Support, Social Care, Consumer, Energy tariffs and disputes, Immigration and many other issues. If you are not sure whether we can assist you, please do not hesitate to contact us.

Our service is completely free because we believe nobody should feel unable to ask for help because of cost. We keep the service free by raising funds to support the service and via the huge commitment and support of our volunteers.

All the advice we give is independent, confidential and impartial. We value diversity, promote equality and challenge discrimination. We also use our experience of clients' problems to campaign for improvements in the laws and services that affect everyone.

### Wychavon Office:

- 0808 278 7891 (Adviceline) – available Monday-Friday from 10.00 am to 4.00 pm
- 01386 712100 (Option 1 for advice, option 2 for help to complete your first Universal Credit application, option 3 for admin)



We hope you have found this information useful.

Please remember we are here with you on your parenting journey and only a phone call or email away.

[office@pinvinpreschool.org](mailto:office@pinvinpreschool.org)   [www.pinvinreschool.org](http://www.pinvinreschool.org)

01386 553600   07510 608774 (out of hours)