

Our offer:

The Family Help Service Youth and Family Practitioners are pleased to now be able to offer specific and time limited group work sessions to young people in the community or in their school environment. The sessions are available to anyone who you feel may benefit from attending a group. When referring please state which group intervention is required for the child.

There will be a maximum of 10 children per group.

How the sessions are led:

The sessions will be completed using a variety of methods that may include group work or 1:1 depending on the need of the young person these will include visuals, video's, worksheet-based work and debates to suit all types of learning. Young people will be supported with their individual learning wellbeing plans/ideas and will liaise with school's pastoral team. School will be regularly informed of the progress of their young person throughout the intervention.

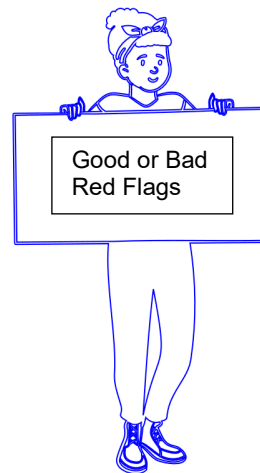


Healthy Relationships

5 topics, 1-hour sessions that will focus on:

1. Healthy Relationship – What is it?
2. Emotional Well-being.
3. Risky Mates/Peer Pressure.
4. Toxic Friends including grooming.
5. What is consent?

Each session will focus on all different aspects of relationships and discuss what a healthy relationship is to them, focusing on the choices they make and the possible consequences of this. The aim is to raise awareness of what a healthy/unhealthy relationship means whilst increasing confidence, self-esteem and the young person's knowledge of how to choose, assess and manage differing situations. Sessions are completed using visual resources, work sheets, art and crafts, videos, role play and debates to suit all learning styles.



Keeping Safe

5 topics, 90-minute sessions that target:

1. Staying safe on the streets.
2. Knife crime.
3. Online safety.
4. Bullying and peer pressure
5. Responding to accidents/incidents.

Each session will identify risks, discuss personal safety, choices and consequences with an aim of increasing confidence, self-esteem and increasing the young person's knowledge of how to assess and manage differing situations. Sessions are completed using visual resources, work sheets, art and crafts, videos, role play and debates to suit all learning styles



Emotional Based School Avoidance *

6 One-hour sessions, depending on cohort and considering each child's needs the sessions will focus on:

1. Barriers to school
2. Self Esteem
3. Anger
4. Anxiety
5. Self-Regulation/Mindfulness
6. Person Centred plan – Returning back to school

Each session will be delivered in a safe environment to young people who have been identified with EBSA, encouraging young people's input into shaping their sessional work. We aim to increase their confidence to make tentative steps back into education by encouraging their self-esteem through emotional coaching methods and creation of a wish list to shape future educational environment and highlight needs to educators which may help resolve the situation.

** this intervention requires an EHA to be completed.*



How to refer for an intervention:

Option 1: Agencies are required to undertake an Early Help Assessment outlining clearly the intervention being requested. This needs to be sent to Starting Point through the normal channels. Once Starting Point have processed the referral this will be sent to area for the Senior Practitioner to make the final decision.

Option 2: EHA not required if you are willing to co-lead a session, it will require a staff member to be present. Please contact the workers below to discuss.

High Peak North Dales can be contacted as follows:

Tel. no: 01629 537740 option 1
email:
cs.familyhelphighpeak@derbyshire.gov.uk

Youth and Family Help Practitioners can be contacted as follows:

Louise Peyton: 01629 531740

email: louise.peyton@derbyshire.gov.uk

Debbie Woollen: 01629533597

email: Debbie.woollen@derbyshire.gov.uk

Senior Practitioner

Zoe Taylor 01629531286

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