

HeadStart Hull

Building resilience with children and young people

A Brief Guide to HeadStart Hull Services

To find out more about HeadStart Hull, please visit;

[HeadStart Hull YouTube Channel](#) or

www.howareyoufeeling.org.uk



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Introduction

HeadStart Hull supports children and young people by offering a range of services and interventions to support the emotional health and well-being of 10 – 16 year olds in Hull. The following pages provide a brief summary of the services delivered under the HeadStart Hull banner.

Services are grouped into;

- support for children and young people (aged 10-16)
- support for parents/carers
- support for professionals/support staff

If you want to find out more about any of these services, please contact the providers directly using the contact details at the foot of each page.

Children, Young People, Parents/Carers

Children, young people, parents and carers can find out more about the services or ask for support by contacting the organisations directly. The service providers may ask you some questions to help you decide which service will best meets your needs; for example, whether you prefer group work or one to one support. All services are free to access.

Professionals/Support Staff

Professionals wishing to access targeted support on behalf of a child, young person, parent or carer, will need to complete the HeadStart Hull checklist tool, with the child/young person or parent/carers. If you are not sure which service would best meet the needs of the person you are supporting, please contact any of the HeadStart Hull service providers and they will be able to advise you. If you would like a copy of the HeadStart Hull Checklist for Requesting Additional Support, please call: 01482 615707 or email: headstarhull@hullcc.gov.uk

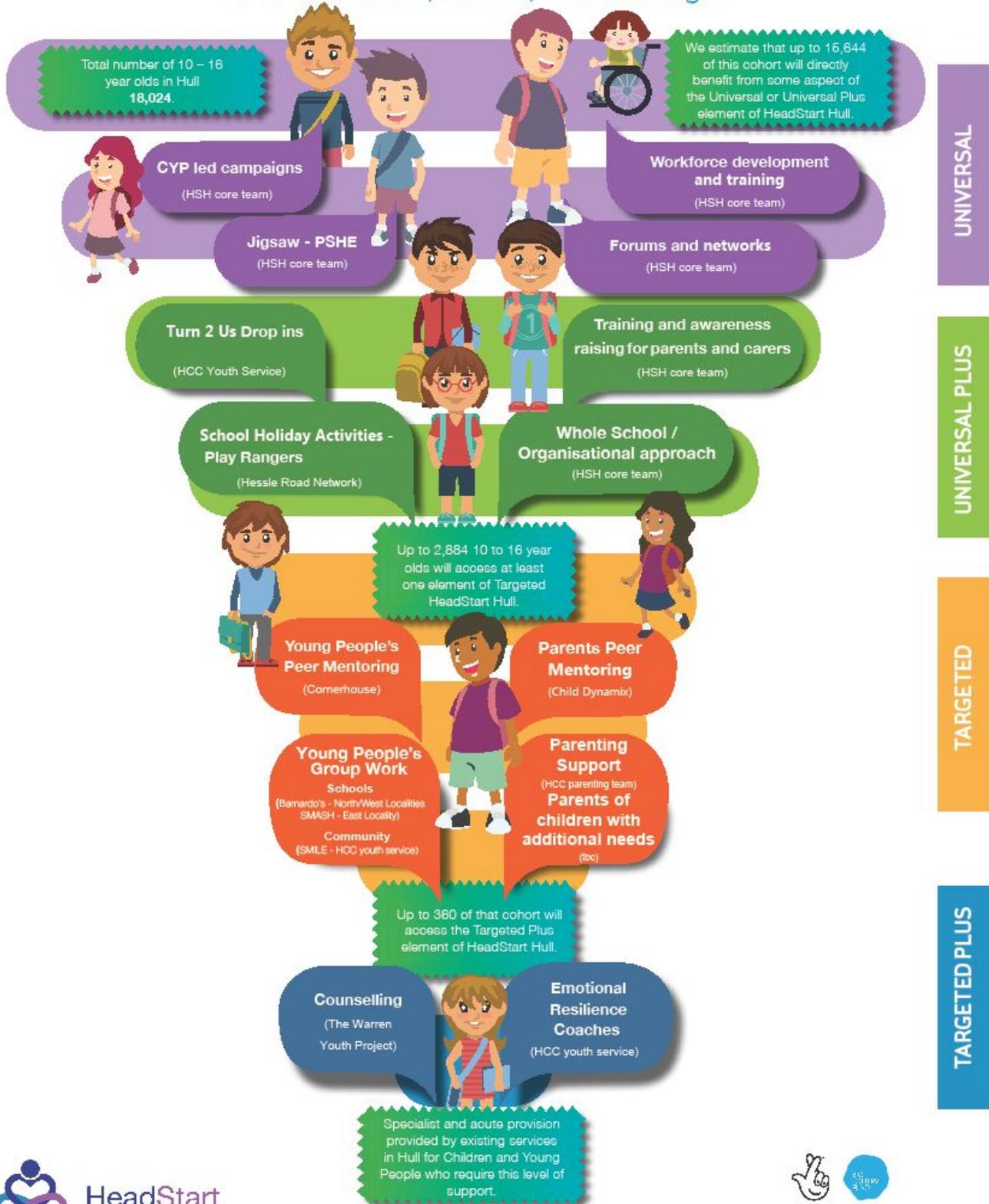
Universal and Targeted Services

Universal or Universal Plus services (see page 4) can be accessed by all 10 – 16 year olds (or their parents/carers) in Hull. There is no need to book a place, you can just turn up.

For support from Targeted and Targeted Plus services (often referred to as Additional Support), please contact the relevant service.

HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"



HeadStart Hull

What is HeadStart Hull?

HeadStart Hull aims to:

“Enable children and young people to have positive mental health and wellbeing, thrive in ‘their communities’ and to ‘bounce back’ from life’s challenges”

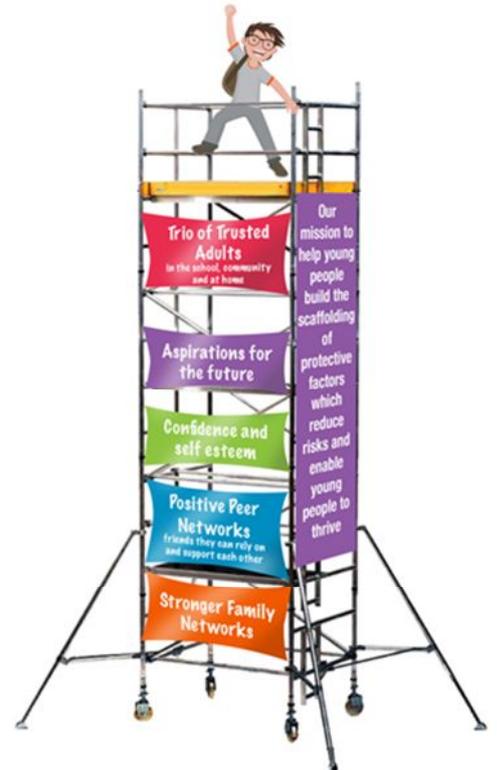
HeadStart Hull is embedded within an early help approach to improving outcomes for children, young people and families.

What do we do?

HeadStart Hull is a collection of services and interventions for supporting young people’s emotional health and well-being. It is based on the views of young people, staff and parents and what we learnt in the two-year pilot project.

The programme takes an ‘asset-based’ approach, which means making sure young people have the skills and support they need so they can cope with difficulties. The ‘assets’ we want young people to have are

- Trio of trusted adults
- Aspirations for the future
- Confidence and self-esteem
- Positive peer networks
- Stronger family networks



Who do we work with?

- young people so they can help shape the HeadStart Hull programme and wider emotional health services and have a say on the issues regarding emotional health and well-being that matter to them.
- schools, youth centres and other organisations across Hull to help them feel more confident in supporting young people they work with and accessing additional support when needed.
- other organisations who are able to provide additional support around emotional health and well-being, such as Turn2Us drop-ins, play rangers, peer mentors, group work, counselling or resilience coaches.

How to contact us:

For more information on the programme contact headstarthull@hullcc.gov.uk

(NB this is for general information and not to make referrals)



Other Useful Sources of Information

There is a wide range of additional information available on-line to help children and young people, parents and carers, and professionals to look after their own emotional well-being and that of the children and young people they support.

Below is a selection of some of these websites;

[HeadStart Hull YouTube Channel](#) – The HeadStart Hull You Tube channel includes films and videos about children and young people’s mental health and emotional well-being. Films have been made by, or chosen by, children and young people.

[howareyoufeeling.org.uk/](#) – How Are You Feeling provides advice and support for young people on emotional health and access to information on local services, as well as links to other relevant websites.

[www.caremonkeys.co.uk](#) – this app was developed and designed with young people in Hull to provide advice and support on common issues such as bullying in a safe digital environment. The app contains advice, articles, top tips, videos and facilities to report issues in a safe environment.

[www.youngminds.org.uk](#) – Young Minds offers information for young people on emotional wellbeing and mental health for young people and parents. It has an online chat function and also has a parents helpline 0800 8025544

[www.bullying.co.uk](#) – Bullying UK offers advice and support to anyone affected by bullying. It also has an online chat function and a helpline 0808 8002222.

[www.beateatingdisorders.org.uk](#) – Beat provides support to help young people beat their eating disorders. It also has an online chat function and a helpline 0808 8010711

[www.nshn.co.uk](#) – National Self Harm Network aims to support, empower and educate people about self harm. It also has an online forum.

[www.talktofrank.com](#) – Frank offers friendly, confidential advice about drugs. It also has an online chat function and a helpline 0300 1236600

[www.childline.org.uk](#) – Childline can be contacted about anything, no problem is too big or too small. It also has an online chat function and a helpline 0800 1111

[www.samaritans.org](#) – The Samaritans they offer a safe place to talk, anytime you like, in your own way, telephone 116123 or email jo@samaritans.org

[www.papyrus-uk.org](#) – prevention of suicide in young people. They have a helpline called HOPEline 0800 068 4141

[www.seedeatingdisorders.org.uk](#) – offers support services to people affected by eating disorders in Hull and East Riding.

SUPPORT FOR CHILDREN AND YOUNG PEOPLE

UNIVERSAL/UNIVERSAL PLUS SERVICES

Children and Young People Led Campaigns

Jigsaw

Turn 2 Us, Youth Development Service

Play Rangers, Hessle Road Network

ADDITIONAL SUPPORT (TARGETED/TARGETED PLUS SERVICES)

Young People's Peer Mentoring, Cornerhouse

SMILE Community-based Group Work, Youth Development Service

SMASH School-based Group Work (East), Humber Foundation Trust

WRAP School-based Group Work (North & West), Barnardo's

Emotional Resilience Coaches, Youth Development Service

Counselling, The Warren

Young people and parents/carers can self-refer to any of these services. Please use the contact details at the foot of each page to contact the service you would like to access.

UNIVERSAL AND UNIVERSAL PLUS SERVICES

Children and Young People Led Campaigns

What are Children and Young People Led Campaigns?

HeadStart Hull supports children and young people to identify issues that are important to them, around the theme of young people's emotional health and wellbeing.

Children and young people design and lead on creative campaigns that will make a difference to other children and young people in Hull. Some of the previous campaigns led by young people include: a mental health awareness and suicide prevention campaign ('You Are Not Alone'); a campaign to support young people experiencing exam stress; and a campaign to support young people during periods of transition.

What do we do?

Young people come up with the ideas for the campaigns and the HeadStart Hull Co-production and Participation Officer supports them to develop these. The young people build partnerships with HeadStart Hull and other agencies to produce campaign materials, and promote the campaigns around the city.

HeadStart Hull also helps young people to share their campaigns and learning with other HeadStart areas around the country.

Who do we work with?

We work with children and young people aged 10 to 21, of all abilities.

How to contact us:

For further information please call **01482 615707** or email: headstarthull@hullcc.gov.uk

"I really like doing the HeadStart stuff, it's fun, and it's making a real difference to young people."

"We get to see results and that we are really making a difference."

Jigsaw

What is Jigsaw?

Jigsaw is a Personal, Social, Health Education (PSHE) programme used in HeadStart Hull primary and secondary schools. It offers a mindful approach to PSHE that provides lessons for every year group for the whole school.

Teaching and learning is creative and interactive and helps children and young people to know and value who they are and understand how they relate to other people and the world. It also helps them to understand and manage their thoughts, feelings and behaviour, combat stress and learn more effectively.

What do we do?

Jigsaw uses 'activity' books which are clearly defined units for teachers to deliver. They are structured lesson plans which are user friendly.

There are 6 Puzzles (half-term units of work) each with 6 Pieces (lessons). Each Piece is based on specific learning to meet children and young people's needs as well as develop emotional literacy and social skills. Jigsaw is relevant to children and young people's experiences in today's world as it helps them understand and be equipped to cope with issues like body image, cyber and homophobic bullying, and internet safety.

The puzzles are themed around:

Being in my world
Dreams and goals
Relationships

Celebrating difference
Healthy me
Changing me

In primary schools every year group studies the same Puzzle at the same time and at their own level allowing for whole school themes. This is particularly useful for building confidence and peer to peer support.

In secondary school the same themes are covered but delivery can vary depending on how PSHE is delivered

Who do we work with?

Jigsaw works with every year group (from nursery to Year 6, ages 3-11) for the whole school, in HeadStart Hull primary schools.

How to contact us:

Ask you school's PSHE lead or check out the website

www.jigsawpshe.com

"5KD had a great @JigsawPSHE lesson today learning about Relationships. We thought about our own personalities and how others perceive us - needless to say, we all had a great self-esteem boost this afternoon!"

"Jigsaw supports our ethos and values and everything we are trying to teach the children."

Turn 2 Us

What is Turn 2 Us?

Turn 2 Us provides one to one support for young people attending secondary schools in Hull. It gives young people a chance to discuss their issues with youth workers during lunchtime at school. During the school holidays, Turn 2 Us is available in youth centres.

Turn 2 Us is delivered by youth workers from Hull City Council's Youth Development Service.

What do we do?

Turn 2 Us youth workers deliver a weekly lunchtime drop in within every secondary school in Hull. Young people maybe feeling a bit stressed, fed up or anxious about something and want someone to have a chat with. The Turn 2 Us youth workers will be there to listen and give support, guidance and reassurance.

If a young person needs ongoing support, Turn 2 Us youth workers can refer (or support the young person with self-referral) to additional targeted support through HeadStart Hull or a range of other services which can meet the young person's needs.

Who do we work with?

Turn 2 Us works with young people who would benefit from brief, low level emotional well-being support. Turn 2 Us is available to all young people across every secondary school in Hull and is an open access service, with no referral needed, young people can just turn up.

How to contact us:

For further information please call:
01482 331238

"Your project is making a huge difference to young people and we see the difference in school. Thank you."

"As a youth worker it is great to know that pupils, students and teachers value the service offered by Turn 2 Us"

ADDITIONAL SUPPORT (TARGETED / TARGETED PLUS SERVICES)

Young People's Peer Mentoring

What is Young People's Peer Mentoring?

Young People's Peer Mentoring is delivered by Cornerhouse; it offers one to one support to young people within secondary schools and in the community. The Peer Mentoring project has achieved the Approved Provider Standards from the Mentoring and Befriending Foundation.

What do we do?

The Young People's Peer Mentor Project recruits and selects young people to become peer mentors. Peer mentors undergo extensive training to ensure they have the skills and knowledge necessary to support other young people identified as having an emotional health need. Peer mentors are carefully matched with mentees to ensure they have a friendly face who is on the same "wavelength".

Peer mentors work 1:1 with their mentees and meet on a weekly basis within schools and community setting, such as a youth club. The mentors will be a positive role model to a young person who is close to their own age. The role of a peer mentor is to offer regular low level support to mentees with issues which prevent personal growth and development. The mentor will help the young person to identify goals and will support them, with action planning and problem solving, in order to achieve these goals.

All mentors receive regular 1:1 and group supervision from the Peer Mentoring Project Workers to support them in their role.

Who do we work with?

Peer Mentors can support young people aged 10-16 with a range of issues that prevent personal growth and development such as, bullying, transition, friendships, low self-esteem and confidence, isolation, exam stress and/or family issues. The project works across all secondary schools in Hull and in community settings.

How to contact us:

Young people (or their parents) can self-refer by calling **01482 326513**. Referrals from other organisations/professionals are made via the HeadStart Hull checklist which should be completed and returned to; peermentoring1@outlook.com.

For any further information, please contact Estelle Parker **01482 326513**.

"Peer mentoring helped me to cope with bullying and stress by giving advice and what to do...If it wasn't for my peer mentor, I wouldn't be getting the support I need in school"

"She (mentor) gave me skills to cope with family issues"

SMILE - Community Based Group Work

What is SMILE?

Smile is a targeted 12 week community based group work project for young people aged 10 to 16 years. Smile is delivered by youth workers from Hull City Councils Youth Development Service.

What do we do?

We deliver Smile in local youth centres (North, East and West) after school.

Initially a youth worker will meet the young person at home or the youth centre to help understand their issues and whether the young person will benefit from group work.

Smile offers a mix of issue based group discussions and social activities which develop the young person's understanding of self and increases their ability to engage with others and build positive relationships.

Who do we work with?

Smile works with young people aged 10-16 who need additional support to build positive relationships with friends and family and increase their ability and confidence to communicate and socialise with peers.

To benefit from the Smile programme a young person needs to be able to attend once a week for 12 weeks and be able to join a group of up to 8 young people.

How to contact us:

Young people (or their parents) can self-refer by calling **01482 331238**.

Referrals from other organisations/professionals are made via the HeadStart Hull checklist which should be completed and returned to smile@hullcc.gov.uk

"(My son) has really benefited from SMILE, his self-esteem and confidence has really improved"

"Smile has helped me regain my confidence within a group by reducing my anxiety"

SMASH - School Based Group Work (East)

What is SMASH?

SMASH (Social Mediation and Self Help) is a targeted group work programme delivered by Humber NHS Foundation Trust in secondary schools across the East of the city. It is a person centred group work programme that works by boosting young people's self-esteem, confidence, communication and social, emotional and behavioural self-management skills, to promote positive mental health and wellbeing for now and into adulthood.

What do we do?

We deliver group work and individual interventions with young people, using elements of talking therapies, CBT, Restorative Practice and conflict resolution. The group work runs one day per week, which requires the young person to come out of school for the day.

Before a young person joins a group, they are visited at home by a SMASH worker who discusses their need of support with the young person and their parents. During the visit, parents are also helped to gain support for themselves if/where a need is identified.

The groups are designed to help young people develop:

- emotional resilience and ability to understand their own and others thoughts, feelings and behaviours
- positive communication and sense of belonging
- confidence and self-esteem
- social, emotional and behavioural self-management skills

The project helps young people to better engage in their school, community and with family and peers. This enables young people to explore and develop their thoughts, feelings and behaviours to achieve positive outcomes. There is also some 1-1 support for young people attending the groups.

SMASH also helps the families of young people accessing group work to improve overall family wellbeing and resilience. This includes enabling the family to access other agencies and organisations if needed.

Who do we work with?

We work with young people across the ages of 11-15 years in Malet Lambert School, Archbishop Sentamu Academy and The Marvell College.

How to contact us:

Young people (or their parents) can self-refer by calling **07891 383929**. Referrals from other organisations/ professionals are made via the HeadStart Hull checklist which should be completed and returned to; emma.train-sullivan@nhs.net

"Just want you to know how much you and the SMASH project has done for us. Things are much brighter now."

"(My son) has come out of his shell and grown in confidence"

WRAP - School Based Group Work (North and West)

What is WRAP?

WRAP (Wellness Resilience Action Planning) is a targeted group work programme delivered by Barnardo's in secondary schools across the North & West of the city. WRAP promotes resilience, emotional / mental health, self-management, empowerment, goal achievement and improves quality of life of the young people it supports.

What do we do?

WRAP is delivered one day a week and requires the young person to come out of school for the day. The programme is co-delivered with school staff, who are trained to become accredited WRAP facilitators. This ensures sustainability of support to young people between sessions, beyond the life of their group.

Before a young person joins a group, they are visited at home by a WRAP worker who discusses their need of support with the young person and their parents. During the visit, parents are also helped to gain support for themselves if/where a need is identified.

The groups are designed to help young people:

- understand what impacts on emotional / mental health
- prevent / decrease troubling feelings and behaviours
- increase coping strategies / develop individualised coping plans
- increase peer and community networks
- recognise early warning signs and plan in the event of their emotional health worsening.

WRAP offers an individualised approach as each young person develops their own wellness plan; this promotes ownership and self-responsibility. There is also some 1-1 support for young people (and their parents) attending the groups, to help them understand the strategies that support the young person's progress.

Who do we work with?

We work with young people who are across the ages of 11-15 years from secondary schools in North and West Hull.

How to contact us:

Young people (or their parents) can self-refer by calling **01430 810022**. Referrals from other organisations/professionals are made via the HeadStart Hull checklist which should be completed and returned to:
headstart.groupwork@barnardos.org.uk

"I like this group because I am able to express my thoughts and feelings without being judged or put down"

"My child's a different child it's like she's been lifted-she is back to her happy self I cannot thank you enough"

Emotional Resilience Coaches

What is an Emotional Resilience Coach?

An Emotional Resilience Coach is someone who provides one to one emotional well - being support, tailored to meet the needs of the individual young person.

What do we do?

An Emotional Resilience Coach will initially meet with a young person, usually at home, sometimes in school or at another suitable venue.

The Emotional Resilience Coach will support the young person to identify their issues and design a plan with the young person to help them get back on track or to where they want to be. This will include helping the young person develop skills and strategies to cope with problems as well as to improve confidence and self-esteem.

The Emotional Resilience Coach will then meet with the young person on a weekly basis, at a venue of their choice, usually for 8 to 12 sessions. During this time the coach will also look at other opportunities to benefit the young person, and will support the young person to put things in place to help them cope better in the future.

Who do we work with?

We work with young people aged 10-16 who have a range of emotional health issues and who are struggling to cope and would benefit from short-term one to one support.

How to contact us:

Young people (or their parents) can self-refer by calling **01482 331238**.

Referrals from other organisations/ professionals are made via the HeadStart Hull checklist which should be completed and returned to;
emotionalresiliencecoaches@hullcc.gov.uk

"I feel I have more confidence and can enjoy my future"

"It has helped me a lot with my anger, behaviour and other stuff. I would definitely recommend this to other people"

"The emotional resilience coach has helped me be more resilient and feel better about myself"

Counselling Service

What is the Counselling Service?

The Counselling Service, delivered by the Warren, provides confidential support to help children and young people deal with and overcome issues that are causing distress, anger or pain, so that they can move towards living happy and fulfilling lives.

What do we do?

The Counselling Service provides one to one counselling for children and young people aged 10-19. We offer both on-going and one-off counselling sessions on a wide range of issues, including bullying, bereavement, relationships and sexuality.

We offer counselling from our city centre base, alongside a number of other locations across the city, to enable children and young people to access counselling close to home or in a familiar environment e.g. youth centres, schools etc.

Who do we work with?

We work with young people aged 10 to 19 years.

How to contact us:

Young people can self-refer by either popping into: The Warren, 47 – 49 Queens Dock Avenue, Hull, HU1 3DR or the young person (or their parents) can call us on: **01482 221416**

Referrals from other organisations/professionals are made via the Headstart Hull checklist which should be completed and returned to:

counselling@thewarren.org

"It's really helped me put things into perspective and I know what I need to do."

"Really good to talk and get stuff off my chest"

I didn't think this would help but it has helped me see things differently. I don't have to get so wound up"

SUPPORT FOR PARENTS / CARERS

UNIVERSAL SERVICES

Jigsaw Families Programme

Mind-Ed for Parents

ADDITIONAL SUPPORT (TARGETED/TARGETED PLUS SERVICES)

Parent Peer Mentoring

Parenting Support

Parenting Support - for parents of children with a disability

Parents/carers can self-refer to any of these services. Please use the contact details at the foot of each page to talk to the service you would like to access.

Jigsaw Families Programme

What is Jigsaw Families Programme?

The Jigsaw Families is a project supporting children and their families with the knowledge, skills and confidence to develop healthy, strong, lasting and loving relationships. The sessions provide an informal, friendly and safe environment in which to explore the challenges of being a parent and offers strategies to help meet families' needs.

What do we do?

The Jigsaw Families project brings one parent/carer and one of their children together for special learning time. The sessions are run by trained facilitators from within existing school staff to explore effective communications, positive behaviour management, mindfulness practice and managing change through an 8-week programme using the medium of audio stories.

In the first session, an assessment tool is used to give both facilitator and parents an understanding of their starting points. Over the course of the 8 weeks, practical strategies will be given and rehearsed, for managing behaviour and enhancing self-esteem, emotional literacy and resilience. Mindfulness techniques will be woven into every session to reinforce the Calm Me time children receive in their Jigsaw lessons.

Who do we work with?

Small groups of parents of children in receipt of Jigsaw PSHE in HeadStart Hull primary schools.

How to contact us:

For more information contact individual primary schools and for general information on jigsaw check out the website. www.jigsawsphe.com

MindEd for Parents

What is Mind Ed?

MindEd is online training and information on a range of mental health issues written and quality assured by experts in child and adolescent mental health. It is aimed at parents of teenagers (11-16)

What do we do?

As a parent, you want what's best for your young people, but it's not always easy to know what that is. When children become teenagers, the pressures of puberty, exams and establishing independence are enough to put a strain on even the best family relationships. Add mental health issues to the mix and that's a big challenge for any parent.

The stigma around mental health has meant that, until recent years, it has not been openly discussed. This means most people are uninformed on the subject and would be unsure how best to support their child with mental health issues. At HeadStart Hull, we are working to reduce the stigma around mental health and promote resilience amongst local young people. As part of this, we have been working closely with MindEd to provide accurate and useful information about mental health to local parents. We would encourage all local parents to visit the **MindEd for Families** website, which has lots of advice and guidance written especially for parents. Those wanting more detailed information about teen mental health, including which behaviours are part of normal adolescent development and which might be a cause for concern, can log in to the site to view and complete our specially selected collection of e-Learning courses.

Who do we work with?

The HeadStart Hull MindEd page is aimed at local parents but the site itself is freely available to anyone.

How to contact us:

www.minded.org.uk/Component/Details/474997

Parent Peer Mentoring

What is Parent Peer Mentoring?

Parent Mentors is delivered by Child Dynamix and offers one to one support from a parent to a parent. Parent Peer Mentors offer a listening ear, help to access services, and support to identify area(s) of change in order to build a happy family home.

“We value the role of parents in the life of children and young people and believe that reducing parental stress, improving their emotional well-being and providing them with parenting skills and knowledge, enables them to be attuned to and best support their children and teenagers.”

What do we do?

- Recruit, DBS, train and supervise parents to become volunteer mentors.
- Offer 1:1 support sessions to parents through a mentor
- Provide group work including “Talking Teens” workshops
- Offer drop-in support sessions in schools and community

We also offer drop-in support and group work for parents in schools and the community.

Who do we work with?

We work with parents with at least one child in the 10 to 16 year age range.

How to contact us:

Parents can self-refer or get more information by calling the team on **01482 799070**.

Referrals from other agencies/professionals are made via the HeadStart Hull checklist which should be completed and returned to;

liz.hammond@childdynamix.co.uk

“I would definitely recommend mentoring to other parents.”

“I feel 100% supported”

“I think the Parent Peer Mentors are amazing, I wouldn't be where I am today without the support.”

Parenting Support

What is Parenting Support?

Parenting Support is provided by HeadStart Hull's Parenting Practitioners, who are based in the East, West and North of Hull. Parenting Practitioners work with parents to support the emotional wellbeing of young people aged 10-16, through group work and one to one support.

What do we do?

We improve emotional wellbeing support for parents through the delivery of group work sessions and some 1 to 1 support. This support helps parents to provide emotional warmth, stability and consistency, to empower their children to grow into healthy young adults.

- We provide support to parents in school and the community by delivering of group work projects including 'Strengthening Families 10-14' and 'Strengthening Families, Strengthening Communities (SFSC)'.
- We help parents to access courses by offering up to 5 sessions of 1:1 support, before and after the courses.
- We work with families to improve; boundaries and behaviour, showing love and limits and improving relationships.
- We support families to improve school attendance and deal with issues such as bullying. We also help families to address other barriers, such as parents' own emotional well-being and family conflict.

Who do we work with?

We work with parents and carers of young people aged 10-16 and we deliver support alongside other partner agencies.

How to contact us:

Parents can self-refer or get more information by calling the team on **01482 615523**.

Referrals from other organisations / professionals are made via the Headstart Hull checklist which should be completed and returned to; parenting@hullcc.gov.uk

"(It was helpful) meeting and listening to other parents and knowing we are not the only ones"

"(It was helpful) managing different behaviour and ways of dealing with it"

"My relationship with my daughter has improved"

Parenting Support for Parents of Children with a Disability

What is Parenting Support for Parents of Children with a Disability?

The Parenting Support Service for Parents of Children with a Disability is coordinated by the KIDS charity. Alongside the KIDS workers we have support workers delivering the training from other agencies such as Early Help and the Children and Families Disability Team, offering a multi service approach, advice and information.

What do we do?

The team is trained to facilitate and develop several group work projects that are delivered city wide. These include:

- Stepping Stones Triple P – 7 sessions of 2 hours each week looking at challenging behaviours and strategies to manage these. (Ages 2 -14)
- Autism and Sensory Processing Differences – 2 sessions of 2 hours each week offering information on each area of difficulty and support networks. (Any age)
- National Autistic Society Teen Life – 6 sessions of 2½ hours each week looking at all areas of difficulties, strategies and support networks. (Ages 10 – 16)
- Balancing Act – 2 sessions of 3 hours each week looking at capacity and resilience of Parents/Carers and offering guidance and practical support. (Ages 10 – 16)
- Making a Difference is a 1 day workshop for Professionals who want to develop skills in working with families who have a child with a disability, SEN or complex health needs

Parents accessing these workshops are also offered up to 5 sessions of 1:1 support, before and after the courses.

Who do we work with?

The service offers support, advice and information to parents / carers with a child / children who have disabilities, SEN or complex health needs. (These do not need to be diagnosed.)

How to contact us:

Parents can self-refer by calling **01482 467540**

Referrals from other agencies/ professionals are made via the HeadStart Hull checklist which should be completed and returned to; michelle.boyd@kids.org.uk

"It really helped with all the children and really appreciated how you tailored the course for teenagers"

"(It was useful) to speak with other parents, share experiences, look at different roles and different ways I can tackle my daily tasks"

SUPPORT FOR PROFESSIONALS / SUPPORT STAFF

HeadStart Hull's Workforce Development and Training Offer
HeadStart Hull's Young People's Resilience Network (School Clusters)
HeadStart Hull's Young People's Resilience Network (VCS)
HeadStart Hull Mark of Excellence

HeadStart Hull's Workforce Development and Training Offer

What is the HeadStart Hull Workforce Development and Training Offer?

This is a range of training, practice development groups and other professional development opportunities aimed at improving the knowledge, skills and confidence of staff working with children, young people and families. The offer will help embed that emotional well-being is 'everyone's business' with individuals taking on varied roles as part of an overall framework of support.

What do we do?

We offer training at a range of levels to ensure all staff have access to appropriate training opportunities, regardless of the exact role they play in supporting emotional well-being, as described below;

Respond – people who are not in a position to provide a lot of support for emotional well-being, but who young people might choose to confide in, are trained to;

- spot the signs and symptoms of emotional difficulties
- react appropriately if a young person approaches them with concerns
- understand how day-to-day practice impacts on emotional well-being

Initiate – people who have strong working relationships with young people and are able to provide general support for emotional well-being, such as youth workers or teaching assistants, are trained to;

- spot signs and symptoms and initiate discussions
- discuss issues and concerns relating emotional well-being
- support young people to access additional support or services, where appropriate

Intervene – people who are employed to provide specific emotional support and interventions, are trained to;

- understand issues affecting emotional well-being
- deliver evidence-based interventions
- provide intensive support and guidance

Influence – people who are involved in planning support for emotional well-being and shaping the work of colleagues, are trained to;

- have an in-depth understanding of the issues young people face and support available to them
- choose and use approaches to meet the needs of their young people

Who do we work with?

Central training (included in the training diary) is available to any staff or volunteers working with young people in the Hull area. We also offer outreach training to organisations signed up to the HeadStart Hull programme which provides delivery sessions to staff teams within their own settings.

How to contact us:

To find out more about the HeadStart Hull Training offer or to receive a copy of the Training Diary, please contact HeadStart Hull on **01482 615707** or email headstarthull@hullcc.gov.uk

"Before the training I wouldn't have had the confidence to approach a young person who was clearly distressed, but, because I'd had the training, I felt confident and the conversation flowed very naturally. The training made the difference."

HeadStart Hull School's Resilience Network (School Clusters)

What is HeadStart Hull's Young People's Resilience Network (School Clusters)?

School Clusters are regular meetings for staff working in HeadStart Hull schools (primary, secondary, special schools and pupil referral units). The meetings encourage partnership working and provide opportunities to share learning and best practice around supporting children and young people's emotional wellbeing and promoting good mental health. Themes of the cluster meetings have included:

- Child and Adolescent Mental Health Services (CAMHS)
- Launch of the HeadStart Hull Checklist to identify if additional support is needed for young people
- Bereavement, separation and loss training

The School Clusters take place every half term and are hosted within school settings across the city.

Who do we work with?

Schools, signed up to the HeadStart Hull Programme, are invited to attend the School Cluster meetings. Representation comes from a broad range of settings, including: primary, secondary, pupil referral units and special schools.

Invitations are sent direct to Head Teachers and HeadStart Hull leads within each setting. Staff attendance may vary dependant on the session content.

How to contact us:

To find out more please contact HeadStart Hull on **01482 615707** or email; headstarhull@hullcc.gov.uk

"Attending the school cluster meetings is a priority for our school. It has given me the opportunity to link with other schools to share good practice"

HeadStart Hull's Young People's Resilience Network (VCS)

What is HeadStart Hull's Young People's Resilience Network (VCS)?

The Young People's Resilience Network (VCS) is a collection of voluntary and community sector providers who support the emotional health and well-being of children and young people through their day to day work in Hull. The aims of the Network are;

- to raise awareness of young people's emotional health and well-being issues;
- to increase the level of support available in the community to meet the emotional health and wellbeing needs of children and young people;
- to establish partnerships and share learning, to improve how the VCS support young people's emotional health needs.

What do we do?

The network meets every 2-3 months to share ideas, develop learning and share best practice regarding supporting young people's mental and emotional health.

Members of the Network include a wide range of VCS organisations that support the emotional well-being of children and young people in Hull. Through the network, members get;

- Access to networks and forums
- Access to free training
- Support from the HeadStart Hull core team
- Opportunities to feed into, and influence, the decisions of the HeadStart Hull Partnership Board and the wider Children, Young People and Family Services directorate.

Who do we work with?

Membership of the Network includes VCS deliverers of HeadStart services as well as other services such as; youth clubs, special interest groups, sports clubs, arts/drama clubs, disability groups, LGBTQ groups, services that support parents etc.

How to contact us:

To find out more about the Network, please contact HeadStart Hull on **01482 615707** or email; headstarthull@hullcc.gov.uk

"This is an opportunity for VCS partners to come together in a friendly and informal setting, to share experiences and develop best practice"

HeadStart Hull Mark of Excellence

What is the HeadStart Hull Mark of Excellence?

At HeadStart Hull, we want to make sure that supporting children and young people's emotional well-being is everyone's business. We have therefore developed a self-assessment tool to help all organisations think about the way in which they provide support to children and young people.

The HeadStart Hull Mark of Excellence demonstrates to children, young people, parents, carers and professionals that an organisation recognises the importance of supporting children/young people's emotional health and well-being and has taken the practical steps required to provide this support in their school, youth club or other community setting.

What do we do?

The self-assessment tool provides a systematic approach to developing and adopting a 'whole organisation approach' to supporting children and young people's emotional well-being. HeadStart Policy and Practice Officers will support the school/community organisation to achieve the Mark of Excellence, through regular support and challenge meetings. The HeadStart Hull Mark of Excellence is awarded by young people who visit the school or community setting to verify whether the core criteria are being met.

For most organisations, the application and assessment process will take 6 – 12 months to complete, depending on the size of the organisation and the number of staff/volunteers able to support the process. Support from HeadStart Hull is available at every step in the process.

Who do we work with?

The HeadStart Hull Mark of Excellence has been designed and developed by HeadStart Hull for use in schools, youth clubs and other settings that support young people aged in the community.

How to contact us:

To find out more about the HeadStart Hull Mark of Excellence, please contact HeadStart Hull on **01482 615707** or email;

headstarthull@hullcc.gov.uk

