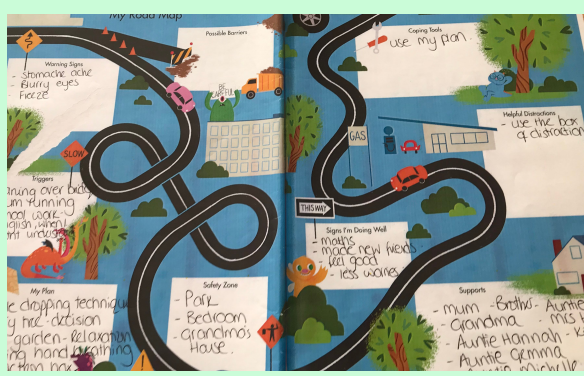
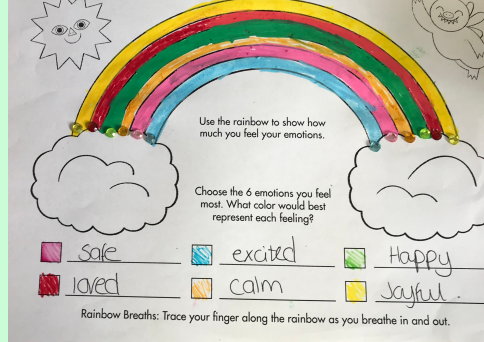


Family Support

Support for families around various needs including; Parenting, low level parental conflict, challenging behaviours. Using a whole family approach, we complete a formulation assessment of a family's needs. We provide practical parenting strategies and advice to support and empower families to making the changes they want to see. This support can include:

- Office based sessions
- Home visits
- One to one parenting advice
- Family sessions
- Signposting
- Supporting access to external provisions/services



Emotional Wellbeing

One to one intervention to support a child/young person's physical, mental, and emotional well-being.

Some examples of need may be:

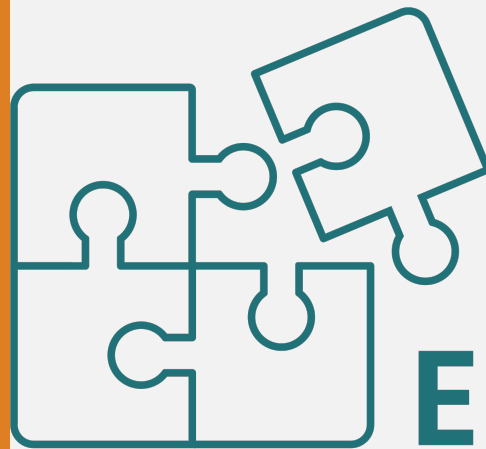
- Anxiety**
- Loss/separation**
- Difficulties with peers/building relationships**
- Low confidence/low self-esteem**
- Perception of self**
- Difficulty understanding and expressing emotions**



'At the end of the day the most overwhelming key to a child's success is the positive involvement of the parents' - Jane D. Hull

Who we are;

We are a multi-disciplinary team made up of a Family Support Worker, Emotional wellbeing Practitioner, Counsellor, Attendance officer and Cluster Leader. We offer a range of support services to families across the EPOSS Cluster, covering 16 Primary Schools and 1 high school across this area.



EPOSS
Cluster



'Behind every child who believes in themselves is a parent who believed first' - Matthew Jacobson

Attendance

Support for schools regarding attendance issues and for the students with low attendance.

Working with hard-to-reach families to improve attendance and readiness for learning.

EPOSS has an attendance pathway and interventions may include; attending meetings, home visits, fast tracks and advice

Groups

Small group sessions run in school by cluster staff, either alongside school staff or in isolation as needed. Groups would generally run weekly for between 6-8 weeks. Number in attendance would be dependent on need and staffing.

These would be bespoke sessions to meet the needs of your children and young people.

Some examples of need:
Peer/friendships groups
Transition
Loss/Separation
Self Esteem/confidence

Therapy

Providing a safe a non-judgmental space for children and young people to explore and work through any issues, current or historical that may be causing them difficulties in any aspect of their lives. Supporting the individual to cope better with their emotions and feelings. The aim of support is to help.

Therapy is always confidential with the exception of safeguarding concerns.

Workshops

Workshops can be delivered in school or a community space. They would be approximately 1-2 hours. Workshops would allow parents/carers to access support on an ad hoc basis which may be more accessible for some families. Workshops would also help to cultivate peer support for families attending.

Workshops examples:
Bedtime routines
Challenging behaviours
Boundaries and consequences
Supporting anxious children
ASC Signposting