



Early Help Offer

Whole-School / Universal Support

1. **Wellbeing Assemblies & PSHE Sessions**
Topics on resilience, emotional literacy, friendships, online safety, healthy relationships.
 2. **Restorative Practice & Behaviour Support**
Whole-school approach to conflict resolution and emotional regulation.
 3. **Quiet/Wellbeing Space**
A supervised area for students to decompress, regulated by staff trained in emotional support.
 4. **Parent Workshops**
Sessions on behaviour strategies, sleep routines, nutrition, screen time, anxiety.
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Targeted Early Help Support

5. **Family Support Worker available when needed**
Sessions for parents/carers to talk about concerns in a non-judgmental space.
 6. **Attendance Support Plans**
Early help for pupils with rising absence or lateness, including meetings with families and bespoke support.
 7. **Homework & Study Support**
After-school clubs or lunchtime catch-ups with staff or trained volunteers.
 8. **Emotional Literacy Support (ELSA)**
One-to-one or small group sessions to build coping skills for anxiety, transitions, self-esteem.
 9. **Peer Mentoring / Buddy Schemes**
Older pupils supporting younger ones for confidence and inclusion.
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Mental Health & Wellbeing

10. **Weekly Wellbeing Groups**
e.g. mindfulness, emotional regulation, anger management for small groups.
11. **Low-Level Counselling Sessions**
Delivered by trained school staff or commissioned providers such as CANW.



12. **Early Help Mental Health Referrals**

Structured support pathways with **School Nursing Teams**, **CAMHS** or local voluntary services such as The Foundation for Ribble Valley Families.

Family & Home-Focused Support

13. **Home Visits**

Early engagement with families to build trust and identify barriers.

14. **Parent/Carer Support Groups through the Family Hub**

Topics such as managing behaviour, supporting learning, separation/divorce, bereavement.

15. **Practical Support Signposting**

Help with housing liaison, benefits advice, food/utility support where needed.

Learning & Development Support

16. **Speech & Language Early Intervention**

Small group or individual programmes (delivered in school or by referral).

17. **Literacy/Numeracy Booster/Intervention**

Targeted support for pupils showing early gaps in learning.

18. **Early Years Transition Support**

Outreach to feeder nurseries and induction events for families.

19. **Preparing for Secondary Transition**

Extra sessions, visits & parental workshops in Year 6.

Community & Partnership-Led Support

20. **Referrals to Local Early Help Services**

Coordinated support via **Lancashire Early Help Hubs** for the family (multi-agency planning).

21. **Collaboration with Health Visitors / School Nurses**

Regular meetings for early identification of health-related needs.

22. **Engagement with Lancashire Youth Services**

Signposting to youth clubs, outdoor activities, holiday provision.

23. **Local Voluntary Sector Support**

Partner with charities offering family counselling, mentoring, domestic abuse support, etc.