Supporting families

The Worcestershire Parent Carer Forum:

- See the attached link to this very useful and informative website for parents/carers of children with SEND. Worcestershire Parent Carer Forum | Worcestershire County Council
- There is a particularly good events page which details some upcoming webinars in May: Events – Worcs Parent Carer Forum.
- Also recommended for teachers/TAs to see what is happening locally to support families, as well as CPD opportunities.

In Our Place:

Online courses for emotional health and wellbeing

E-learning for parents and families by the Solihull Approach NHS team.

- Understanding your child with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing

Excellent courses for parents/carers of children with behaviours associated with ADHD/ASD in particular.

Lumi Nova:

Lumi Nova: Tales of Courage

Lumi Nova is a therapeutic game that helps children aged 7-12 years self-manage worries and build resilience.

For Children who may:

- May lack confidence to try new things
- Seem unable to face simple everyday challenges
- Find it hard to concentrate
- Have problems with sleeping or eating

- Have angry outbursts
- Have negative thoughts about what's going to happen
- Avoiding everyday activities, eg. going to school, seeing friends
- Become irritable, tearful or clingy

Recommended usage:

- Child-led, parent/carer/trusted adult-supported
- Downloaded onto device child has easy access to
- Parent/carer to shortlist three goals for their young person; and
- Support their child during real life challenges by unlocking, helping to organise and approving challenges.
- Frequency: ~30 mins 2-3 times a week for 8-12 weeks

The next professional's webinars are on Tuesday 13 May, 2pm and Friday 6th June, 1pm.

Parents can find out more including signing up for a parents' webinar via this link: **https://luminova.app/for-parents/how-it-works** or sign up to access the App for free, using this link: Free for families in Herefordshire & Worcestershire — Lumi Nova: Tales of Courage

One minute animation to introduce Lumi Nova:
https://drive.google.com/file/d/1aILm9EF_YXRXZnmYYsrLK_9G8ektOUsn/view

Partnership for Inclusion of Neurodiversity in Schools (PINS):

PINS Project

Worcestershire will be part of the next wave of the national programme Partnership for Inclusion of Neurodiversity in Schools (PINS). PINS aims to work in partnership with parent carer forums, primary schools and local services to develop inclusive provision. Introducing improvements that will benefit all pupils will also increase support for pupils with SEND, particularly those who have neurodivergent needs.

PINS will focus on earlier support for neurodiverse children and young people in 30 Worcestershire primary schools. The project will focus on improving outcomes for all pupils by:

- understanding pupils experience of schools
- developing a whole school inclusive approach
- developing inclusive and supportive learning environments
- developing good quality training to upskill staff across schools
- parent peer support groups

How it will work

PINS will bring together health, education specialists and expert parent carers (through the Worcestershire Parent Carer Forum) to:

- identify 30 Worcestershire primary schools to work with to deliver PINS
- work with those schools to understand what is working well and where support is needed
- develop the support and intervention offer for each school
- upskill school staff
- support strengthening of partnerships between the schools and parent carers

The programme will run from April 2025-March 2026. The Local Authority, NHS Herefordshire and Worcestershire and Worcestershire Parent Carer Forum will work together to identify the schools that are eligible to take part. This will be done by analysing data on education, health and local need. A full list will be published on the SEND Local Offer website.

If you are a parent carer and would like to get involved with this project, please contact the Parent Carer Forum: Worcs Parent Carer Forum

Melo – New 0 to 25 years Early Intervention and Preventative Wellbeing and Mental Health Service

On the 1 April 2025, ONSIDE will take over the delivery of the children's and young people's 0 to 25 years early intervention and preventative wellbeing and mental health service in Herefordshire and Worcestershire. Commissioned by NHS Herefordshire and Worcestershire ICB, ONSIDE will be delivering a new service called Melo. Melo has been developed together with families and young people, as well as professionals from across the system, to create a model which puts children and families at the heart of service delivery.

Types of support within the service include:

- 1:1 short support – for those who need specific support around a particular issue
- 1:1 support - for those who have a range of needs and require more than a short period of support

- group support on demand – for cohorts of young people who would benefit from group sessions to build emotional resilience and coping skills
- group support rolling programme – for individuals who would benefit from group support to improve coping skills and emotional resilience within a supportive setting, including those with specific needs including neurodiversity

Children and young people can refer themselves directly for support, or professionals and family members can make referrals on their behalf.

Information on accessing and referring into the new service, Melo, will be available on the ONSIDE website from 1 April 2025.

Kooth is an online platform to help young people over the age of 10 years with their mental health and wellbeing. It is a BACP-accredited digital mental health service which provides free services through the NHS.

Free online counselling & mental health support for young people - Explore Kooth

Children can register for free and engage with practitioners, access online articles, resources and calming exercises. Conversations take place via text-based Chats.

Best Start Worcestershire

We have launched our new Best Start Worcestershire Website Best Start Worcestershire | Worcestershire County Council

which brings together the wide-ranging support, information and services for expectant parents and

families with babies and young children. This includes:

• Pregnancy and postnatal

• Feeding; sleep; bonding; crying; toilet training etc

• Child development including speech and language; milestones and behaviour

• Timetables of baby and toddler groups

• Family hubs single point of access

• Workshops; courses and groups for parents/ carers

• Support for dads

• Health and wellbeing, housing, finance etc

WORCESTERSHIRE FAMILY HUBS

Family Hubs provide a welcoming place for families and expectant parents to access information, signposting, and services in the community.

To find out more, refer a family, or get in touch with your local hub visit: Local Family Hubs | Worcestershire County Council

Our local hub is: WANDS Family Hub, Droitwich | Worcestershire County Council

Services and support includes:

- Speech and Language Drop in sessions are available at WANDS family hub.
- emergency food boxes
- information on childcare, finances, parenting and education
- breast pump hire
- DAWN project (domestic abuse support)
- stop smoking appointments (for families during pregnancy - please speak to your midwife. For adults living with a child or young person under the age of 19 - please contact the Smoke Free Homes service for Worcestershire Families)
- Sunday Creche for Community Church
- advice on a range of health and wellbeing topics and signposting to support for you and your family

Support groups include:

- young parents group
- perinatal mental health group
- Westlands residents meeting

Antenatal and parenting programmes include:

- Birth and Beyond Antenatal Course
- Understanding Your Baby
- Understanding Your Child
- Understanding Your Teen

To book onto a programme, contact the family hub.

Short workshops are available on topics such as sleep, fussy eating, behaviour, and teen brain.

To book onto a workshop visit: Support, courses, and workshops for parents, carers and grandparents



Lisa Sinclair - Cornerstone Family Support Agency

Lisa attends St Peter's Droitwich C of E Academy fortnightly on Tuesday afternoons to provide free support and advice to parents/carers within the school community.

Staff can share parent/carer details with consent or parents/carers can contact Lisa directly on:

- 07999828054
- cornerstonefsagency@outlook.com