

## **Parent Support Advisor (PSA)**

*Working in Partnership with Parents/Carers, Children, Multi-Agencies, and the Community.*

### **Mrs L Harper**

We would like to introduce you to our Parent Support Advisor, Mrs Harper. Her role is to offer support, guidance, and a listening ear to parents/carers so that your children can gain as much as possible from their school life.

Parenting is hard and there are times in every family's life when things aren't running so smoothly. Parent support is exactly what it implies; a service that supports parents/carers and families. You know your child best and Mrs Harper is here to help you with any worries or concerns you may have about your child and help you tackle any home issues that may be making school life difficult for you and your family. This could be support with:

Parental/ Family concerns

School lateness/ Attendance

Children's Emotional Wellbeing

If Mrs Harper cannot help, then she can talk to you about what extra help you may need and how to access it. This can be done by opening an Early Help.

### **What is an Early Help?**

Early Help is the support we give to children, young people, and their families when problems start to emerge. Mrs Harper will complete the Early Help Assessment paperwork together with you. The assessment focusses on your child, your needs, and on other things that may be impacting your family life such as housing or financial difficulties. Early Help is about providing effective support to help solve problems and find solutions at an early stage. The Early Help Assessment involves professionals meeting with you and your child so that you can tell them what is working well and what is not, the support you need and how they can help you. An

action plan will be drawn up from this which sets out the support so you know what to expect from the services and who will offer the support and ensure that needs are being addressed. If there are a variety of agencies involved, there maybe a number of professionals working with you from different agencies. Everyone comes together to make decisions; this is known as the Team Around the Family (TAF). All the agencies are committed to working together by sharing appropriate information to provide a holistic approach and ensure the best outcomes for children and their families. For more information about this you can speak with Mrs Harper and follow the link: [Early help for families \(barnsley.gov.uk\)](https://www.barnsley.gov.uk/early-help-for-families).

### **Useful links for Parents/Carers:**

#### **Financial:**

Barnsley Council's More Money in your Pocket has lots of information regarding the help you maybe entitled to due to the current cost of living. [Help with the rising cost of living \(barnsley.gov.uk\)](https://www.barnsley.gov.uk/more-money-in-your-pocket)

If you're struggling to meet the cost of food there's a range of support available:

[Food support \(barnsley.gov.uk\)](https://www.barnsley.gov.uk/food-support)

Free School Meals: [Free school meals \(barnsley.gov.uk\)](https://www.barnsley.gov.uk/free-school-meals)

Barneslai Homes Tenants First Team give specialist tenancy and family support: [Tenants First \(berneslaihomes.co.uk\)](https://www.berneslaihomes.co.uk/tenants-first)

Barnsley Council's Summer Healthy Holiday Clubs 2023, running from Monday 24<sup>th</sup> July to Friday 25<sup>th</sup> August:

<https://www.barnsley.gov.uk/services/health-and-wellbeing/children-young-people-and-families/healthy-holidays/healthy-holidays-clubs/>

#### **Family Services:**

Barnsley's Families Information Service Directory: [Synergy - Enquiry \(servelec-synergy.com\)](https://www.servelec-synergy.com/)

Barnsley's SEND Local Offer: [https://barnsley.cloud.servelec-synergy.com/Synergy/Local\\_Offer/StartingYourSENDJourney.aspx](https://barnsley.cloud.servelec-synergy.com/Synergy/Local_Offer/StartingYourSENDJourney.aspx)

You can contact a Health Visitor, School Nurse, or Child Development Practitioner from the Barnsley 0-19 Public Health Nursing Service by calling: 01226 774411. Lines are open Monday to Thursday 8:45am to 4:45pm and Fridays 8:45am to 4:15pm (Except Bank Holidays) or message via their Facebook Page.

Free Online Parenting Course: [Synergy - Enquiry \(servelec-synergy.com\)](https://servelec-synergy.com) The FREE code you need to access the course is: TOWNSPIRIT.

## **Keeping Children Safe**

[Child Accident Prevention Trust | A safer world for all our children \(capt.org.uk\)](https://www.capt.org.uk)

[Keeping children safe | NSPCC](https://www.nspcc.org.uk)

[Home - ICON Cope](https://www.icon-cope.org)

## **Online Safety:**

<https://safetynet.skipseducational.org/>

[Your online safety - BBC Bitesize](https://www.bbc.com/bitesize/topics/online-safety)

[National Online Safety | Keeping Children Safe Online in Education](https://www.gov.uk/government/collections/national-online-safety-keeping-children-safe-online-in-education)

## **Children's Mental Health:**

<https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/barnsley-mhst-news-updates-and-events/>

<https://chilypep.org.uk/>

[Children's Mental Health Statistics | The Children's Society \(childrensociety.org.uk\)](https://www.childrensociety.org.uk)

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Toolbox | Childline](https://www.childline.gov.uk)

[https://chilypep.org.uk/wp-content/uploads/2021/05/Chilypep-and-Greenacre-Mental-Heath-Booklet.pdf](https://chilypep.org.uk/wp-content/uploads/2021/05/Chilypep-and-Greenacre-Mental-Health-Booklet.pdf)

[Mental health & self-care - Chilypep](https://www.chilypep.org.uk)

## **Parental Mental Health:**

Local support services in Barnsley:

Talking Therapies: help people get quick and easy access to the best type of therapy to help them understand and learn to manage their individual symptoms and experience of anxiety, stress, low mood and depression.

<https://www.barnsleyiapt.co.uk/about-us/>

[Talking Therapies | Barnsley - South West Yorkshire Partnership NHS Foundation Trust](#)

Mind is a national charity for people with mental health problems with a branch in Barnsley. The service offers support groups and paid counselling to help to get back into work. <https://www.rbmind.co.uk/>

Barnsley Mind have also launched a Thriving Communities project to support people feeling lonely or isolated in the Central, Kingstone, Dodworth, Stairfoot and Worsbrough area. To get support call (01226) 211188 or email [contactus@rbmind.co.uk](mailto:contactus@rbmind.co.uk)

Exchange Recovery and Wellbeing College on Gawber Road, Barnsley offers a variety of informal courses that are run in small groups and are open to anyone.

<https://www.barnsleyrecoverycollege.nhs.uk/>

HumanKind - Umbrella - provide mental health and wellbeing support, counselling, the opportunity to share and support others in group work programmes, as well as support from people that have been in a similar situation to you.

<https://humankindcharity.org.uk/service/umbrella/>

Creative Minds run projects to develop people's mental, physical and psychological wellbeing. <https://www.southwestyorkshire.nhs.uk/creative-minds/home/>

Andy's Man Club run free sessions where men over 18 can come together and offer each other peer-to-peer support. Visit the Andy's Man Club Barnsley Facebook page for more information. <https://andysmanclub.co.uk/>

Team Talk is a mental health programme run by Reds in the Community, designed to support men's mental wellbeing through peer support, sharing experiences, tips and coping mechanisms. <https://barnsleyfccommunity.co.uk/health/team-talk/>

Samaritans have a comprehensive list of organisations that provide emotional support and help for specific situations (from mental health issues to addiction and domestic abuse). Freephone Samaritans 116 123.

Barnsley Samaritans and Mind offer confidential support and advice about emotional wellbeing and mental health. <https://www.samaritans.org/branches/barnsley/>

Reds in the Community and Creative Minds run free low-intensity multi-sport activity sessions every Monday at Barnsley football club, for women and girls aged 16+. Contact [lynn.goodman@barnsleyfc.co.uk](mailto:lynn.goodman@barnsleyfc.co.uk) for more details.