

WHAT LANTERN ACADEMY CAN DO TO SUPPORT YOU



EARLY HELP

At Lantern Academy, we understand that family life can sometimes be difficult and challenging. From time to time there may be situations where you feel you need more help and support. At these times we are able to offer you what is known as the Early Help Offer.

Providing early help to our children and families, means we can be more effective in preventing problems, from affecting children's ability to thrive and learn. Early help means providing support as soon as a concern emerges, at any point of a child's life, from Reception through to Year 6.

Please see the information below for details of the range of ways in which can help you to find the support that you need.

STAFF INVOLVED WITH DELIVERING EARLY HELP

					
	School Counsellor	Education Welfare Office (EWO)	Student Mentor	Child and Family Support Officer	
	Jess Jenkins	Dawn Mitchell	Wayne Denfhy	Kayleigh Davies	

THE WAYS WE LISTEN

We can be a professional friend and offer support:

- Offering a helping hand
- Maintain a supportive relationship
- Friendly advice
- Judgement free listening ear



How we gather views and are alert to potential issues:

- Parent/carer questionnaires
- Pupil voice – student council
- Wishes and worries boxes
- Safeguarding squad



SCHOOL ATTENDANCE

If you need support with your child's attendance or are facing any barriers in getting your child to school, we can support you. Please contact the school and ask to meet with our friendly Educational Welfare Officer (EWO) Dawn Mitchell. She is happy to meet with you at home or at school.

Should I keep my child off school checklist poster [Should I keep my child off school checklist poster \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)



EMOTIONAL LITERACY SUPPORT ASSISTANT (ELSA)

If your child has anxiety regarding school or any aspect of their wider life. We have an Emotional Literacy Support Assistant, Mrs Davies, who works with individuals and small groups of children to support them with managing feelings and emotions. <https://www.elsanetwork.org/>



SCHOOL COUNSELLOR

- Our school counsellor is Jessica Jenkins. She works in our school for half a day every week and offers support to individual children. She is highly experienced in role and delivers exceptional outcomes.



COMMUNITY BUNGALOW AND LOCAL FOOD HUBS

- We have a range of tinned and dried food stored in our bungalow, should any parents or local families require support.
- Our bungalow is a place for parents to use to access pre-loved uniform, everyday clothing, a book exchange, free washing machine facilities, support for families completing forms and a friendly listening ear is always on offer during term time.
- During charity events we ask for dried and tinned food to enable families in need to access our food hub, if required.



YOUNG CARER



- Is your child a young carer? If so we can support with a range of clubs and activities to complement the work of the Young Carers Association
- [Telford & Wrekin Young Carers Service | Telford CVS \(telfordandwrekin cvs.org.uk\)](http://telfordandwrekin cvs.org.uk)

Young Carers Service is a commissioned service of Telford & Wrekin Council. The service offers:

- One-to-one support for those who need it most
- Term-time Youth Club
- Holiday and half-term activities, trips and events
- School drop-ins
- Individual befriending support
- Information and advice for the whole family
- Regular newsletter with news, events and helpful advice

BEAM – WELLBEING DROP IN SERVICE

<https://www.childrenssociety.org.uk/information/young-people/well-being/services/beam-shropshire-telford-wrekin>

We are an emotional health and wellbeing drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin

BEAM can...

- recommend strategies and techniques that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.
- give practical suggestions and advice – this might be suggesting you look at website or that you contact another service.
- provide a listening ear if you have something you want to get off your chest.

BEAM won't...

- assess or diagnose any conditions.
- automatically make referrals into other services.
- necessarily have to tell anyone that you have spoken to Beam.

SLEEP



Routines, boundaries, sleep, listening , co-parenting, anxiety...

Do you need some tips or support with parenting? Place2be have developed a range of short videos to help parents navigate the world of being a parent! Click on the Place2Be Parenting Smart link to explore the videos.

<https://parentingsmart.place2be.org.uk/>

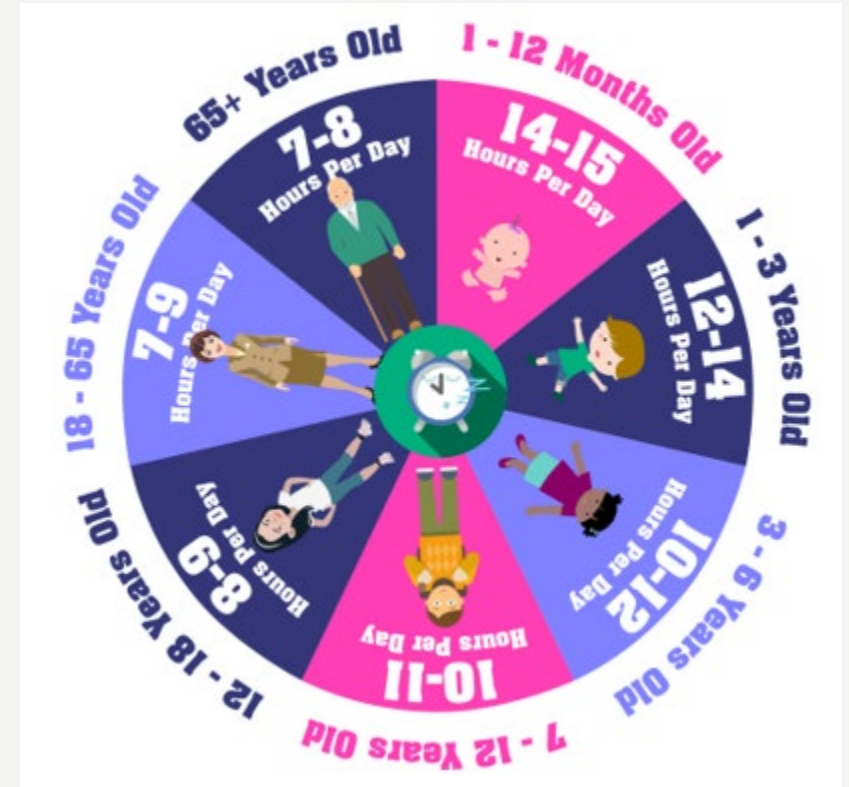
Does your child find it hard to settle at bedtime, or won't go to sleep without you, or wakes in the night? Supported by Beam and The Children's Society, we have put together some top tips to help with sleep.

- Keep fixed morning routines, try not to allow too late a lie in at weekends. A regular sleep/wake cycle helps maintain structure
- Avoid napping in the day
- Exercise more in the day as this promotes cardiovascular health and creates dopamine in the brain which aids sleep later in the day
- Take warm baths at night
- Do gentle stretches before bed
- Read a book before sleeping, write a to do list before bed
- Avoid smartphones or devices up to one hour before bed
- Make the room a relaxing place to be- avoid having a TV in the bedroom or other devices which emit a blue light
- Set the temperature to 18-24 degrees

SLEEP – PART 2

How much sleep?

- This chart comes from The Sleep Council as a guide to amount of sleep and ages. It's important to note that the hours on the chart are a guide and it's important to focus on sleep quality and establish a good routine. Just like adults, some children need more sleep and some children need less sleep.
- National Sleep Helpline 03303 530 541



SLEEP ROUTINE

Having a regular routine is one of the best ways to train our bodies to sleep well: children, teens and adults. This means going to bed and getting up at the same time (or as close to it as possible) everyday, even at weekends.

This isn't something that will work for everyone - there has to be adjustments for those working night shift patterns. But where you can, lead by example.

A bedtime routine is a set of activities that occur every night at the same time in the same order.

An example of a routine is:

- One hour before bed, turn off the T.V and other electronic devices and have 'calm time' e.g. colouring, drawing, playing with toys
- Have a drink and a snack (avoid caffeine)
- Up to bathroom for bath/wash, teeth and toilet
- Bedroom for story/massage/music

This is just an example of a bedtime routine - plan to include things that your child finds calming. The length of your routine will depend on your child. Ideally it would take 30 minutes but sometimes can be up to an hour.

Limit screen time

This is something you have no doubt heard before. Children and young people are more likely to delay sleep if they are caught up playing a video game, watching TV, or chatting to their friends. They are more likely to have their brains stimulated by this content, which makes it harder to sleep. This is because just 10 minutes of blue light exposure interferes with the brain's production of the 'sleepy' hormone, melatonin. The Sleep Council's 'Good Night Guide for Children', recommends turning off all screens off at least one hour before bedtime. [The Good Night Guide for Children.pdf](https://www.betterhealthatworkaward.org.uk/The%20Good%20Night%20Guide%20for%20Children.pdf) ([betterhealthatworkaward.org.uk](https://www.betterhealthatworkaward.org.uk))

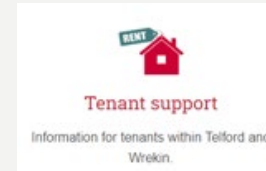
HOUSING

- Click on the links below for support with **housing and the cost of living**

- <https://www.telford.gov.uk/costofliving>



- <https://www.telford.gov.uk/info/20667/tenant>



- https://www.telford.gov.uk/info/20667/tenant_support/6580/damp_and_mould



- https://www.telford.gov.uk/info/20806/affordable_warmth



- https://www.telford.gov.uk/info/20667/tenant_support/6577/useful_telephone_numbers_and_links



DOES YOUR CHILD HAVE SPECIAL EDUCATIONAL NEEDS?

SEND coffee mornings – write the information for this

[Strengthening Families - SEND - Local offer \(telfordsend.org.uk\)](http://telfordsend.org.uk)

- The most useful children and family support is that which helps families to stabilise and improve their own situation through primary prevention approaches at the earliest time. Strengthening Families provide local services for families with children aged 0-19 through children and family centres, in a planned approach to ensure resources are targeted where they are most effective.

[Home - PODS \(podstelford.org\)](http://podstelford.org)

- PARENTS OPENING DOORS (PODS)
- We work across the whole range of services including health, education, social care, and alongside our voluntary sector partners – at a local, regional and national level.

DOES YOUR CHILD HAVE SPECIAL EDUCATIONAL NEEDS? CONTINUED

[Telford SENDIASS | SENDIASS Telford](#)

- Listen to your concerns and provide information and advice on the 'phone or in person
- Work with you to explore your options
- Help you prepare for meetings
- Help to explain reports written by professionals
- Give you information in relation to SEND law to enable you to participate and make informed decisions regarding your child's education
- Signpost you to other sources of information and support
- Work in partnership with schools and the local authority to develop positive relationships and outcomes

SIGN POSTING TO OTHER AGENCIES

- Family connect - [Family Connect \(familyconnecttelford.co.uk\)](http://familyconnecttelford.co.uk) Family Connect is a free, confidential service providing, impartial advice, information, guidance and support on a full range of children's services available across the borough including childcare, activities, school admissions and finance.
- School nurse [Telford School Nurses \(shropscommunityhealth.nhs.uk\)](http://shropscommunityhealth.nhs.uk)
- Mental health support [Mental health help services - Mental health help services - Telford & Wrekin Council](#)
- Crisis support [Telford Crisis Support – Volunteer led since 2013](#)
- Health visitor [Health visiting service \(shropscommunityhealth.nhs.uk\)](http://shropscommunityhealth.nhs.uk)
- Family Hubs [Family Hubs - SEND Local Offer](#)
- Citizens advice [Home Page | Citizens Advice Telford and the Wrekin](#)
- Housing [Housing association - Telford & Wrekin Council](#)
- Domestic Abuse support [Domestic abuse - Telford & Wrekin Council](#)

SIGN POSTING TO OTHER AGENCIES CONTINUED

- CAP (Christians against Poverty) - [Home | CAP UK](#)
- Thrive - [Inspire2Thrive | Telford & Wrekin | Inspire2Thrive | Telford](#)
- Women's Aid – [What is domestic abuse? - Women's Aid \(womensaid.org.uk\)](#)
- Parent Education growth support (PEGS) is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring). We don't directly work with the child displaying the behaviours but have a network of partners whose expertise lies in this area. <https://www.pegssupport.co.uk/>
- Children's Autism Hub - [About Children's Autism Hub | Telford Autism Hub](#)
- PODs (Parents Opening Doors) for families with children with disabilities or additional needs <https://www.podstelford.org/>