



## Early Help Offer

Early help is about our children, young people and families getting the right help at the right time, before issues get worse.

We want all our children and young people, including those with Special Educational Needs and Disabilities (SEND), to achieve the best possible outcomes and receive the support they need when they need it most.

The purpose of early help at St Mary's RC High School is to prevent issues and problems becoming serious and harmful to the child, young person, family and community.

We work closely with our area Early Help Coordinator for advice on a wide range of issues as well as signposting families to external support available to them. Our Heads of year, pastoral managers, safeguarding team and SENDCo are available to talk to and discuss any issues or problems.

We can offer support or signpost parents and carers to agencies for a wide range of issues, problems and concerns for example:

- Bereavement
- Mental Health support
- Housing
- Debt
- Parenting
- Family break ups
- Addiction

Contact us:

### **Deputy Head and safeguarding lead**

Mrs Angela Leslie – [aleslie@st-maryshigh.hereford.sch.uk](mailto:aleslie@st-maryshigh.hereford.sch.uk)

### **Student support services**

Mrs Jo Hayden - [JHayden@st-maryshigh.hereford.sch.uk](mailto:JHayden@st-maryshigh.hereford.sch.uk)

### **SENDCo**

Mrs Rouse [VRouse@st-maryshigh.hereford.sch.uk](mailto:VRouse@st-maryshigh.hereford.sch.uk)

### **Pastoral Manager**

Mrs Tina Peake – [TPeake@st-maryshigh.hereford.sch.uk](mailto:TPeake@st-maryshigh.hereford.sch.uk)

Children's help and advice team-01432 260261 - Mon-Fri 9am – 4.45pm

<b>External Contacts</b>	<b>Telephone numbers and contact details</b>
Multi-Agency Safeguarding Hub	01432 260800 <a href="mailto:cypd@herefordshire.gov.uk">cypd@herefordshire.gov.uk</a>
Emergency Duty Team	01905 768020 (out of hours number for when MASH are unavailable)
Police – Prevent (extremism & radicalisation team)	01386 591835 <a href="mailto:prevent@westmercia.pnn.police.uk">prevent@westmercia.pnn.police.uk</a>
Police (non emergency)	101
Police (emergency)	999
Childline	0800 1111
NHS (non emergency)	111
ADDACTION	01432 802487
CLD Strong young minds	01432 269245 <a href="http://www.thesymproject.org">www.thesymproject.org</a>
West Mercia Rape and Sexual Abuse Support Centre	01905 724514
Women’s Aid (24hr helpline)	0800 980 3331

External Contacts	Telephone numbers and contact details
PAPYRUS (young persons suicide team)	0800 068 4141 Messaging Service: 07786 209697
Samaritans	116 123 (free)

## Useful websites

- Child Line: 0800 1111 <https://www.childline.org.uk/>
- Citizens Advice: <https://www.citizensadvice.org.uk/> Debt and legal advice for families
- Crime Stoppers: <https://crimestoppers-uk.org/> : 0800 555111
- Herefordshire Community Safety Partnership: <https://www.herefordshiresafeguardingboards.org.uk/safeguarding-information/community-safety-information>

## Child Sexual Abuse

- 'Stop Abuse together' <https://stopabusetogether.campaign.gov.uk/>
- <https://www.herefordshiresafeguardingboards.org.uk/safeguarding-information/safeguarding-children-information/child-abuse-and-neglect>

## Network Rail Safety

Due to the very high level of trespassing on the tracks by young people in our local area, Network Rail in partnership with Learn Live are working to help raise awareness to students across the UK educating them about the dangers of the train tracks through interactive digital delivery.

**There is now a new interactive video suitable for all ages called I Am Train Safe (see link below).** The session is less than 15 minutes and explains why it is important to stay safe near the tracks.

Over 13 million students, parents and teachers from across the UK have watched these videos which has led to a significant decrease in the number of trespasses in their area through watching the safety videos.

Network Rail have made things easier to watch the free safety videos by just entering the email [railsafety@learnliveuk.com](mailto:railsafety@learnliveuk.com) into the I am registered field when you first watch the videos.

Please click on the link below to view the relevant safety video for the secondary school version for ages 11-16:

<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

<https://learnliveuk.com/i-am-train-safe/>