



Reducing Barriers to Education Attendance Support For Parents and Carers 2024-25

Support in Salford is available for children and young people who experience emotional barriers to attendance and accessing education. We understand that attendance difficulties are stressful for the whole family and, following positive feedback, will be running parent/carer meetings again this year. We have also included information about other types of support for you and your child below.

Parent/Carer drop in meetings

An opportunity to meet other parents/ carers whose children experience barriers to attendance/ education. The sessions are run by members of the Educational Psychology Service and Salford Parent/Carer Forum, with input from CAMHS (Child and Adolescent Mental Health Service) and the Primary Inclusion Team (PIT). It is an open forum for discussion and support, where information about support available for children and young people in Salford is shared.

We are offering a mix of in person and virtual meetings on a monthly basis:

To book your place, please email EPS@salford.gov.uk

Date	Time	Where
Tuesday 24th September 2024	10am-12pm	Virtual, on Microsoft Teams
Tuesday 15th October 2024	10am-12pm	Community Room 2, Broughton Hub
Wednesday 13th November 2024	10am-12pm	Community Room 3, Broughton Hub
Wednesday 4th December 2024	10am-12pm	Virtual, on Microsoft Teams
Wednesday 15th January 2025	10am-12pm	Community Room 3, Eccles Gateway
Wednesday 12th February 2025	10am-12pm	Virtual, on Microsoft Teams
Wednesday 12th March 2025	10am-12pm	Community Room 3, Eccles Gateway
Wednesday 2nd April 2025	10am-12pm	Virtual, on Microsoft Teams
Wednesday 7th May 2025	10am-12pm	Community Room 3, Eccles Gateway
Wednesday 11th June 2025	10am-12pm	Virtual, on Microsoft Teams
Wednesday 9th July 2025	10am-12pm	Community Room 3, Eccles Gateway

Salford Thrive Webpages and Directory provide a single place for all local Emotional Health and Wellbeing related service: <https://www.partnersinsalford.org/salford-0-25-advisory-board/salford-thrive-ehwb/>

Greater Manchester Best Practice Hub and Self Help Resources

Resources dedicated to Mental Health and free to download. There are links to resources around worry and panic specifically:

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

Kooth provides a free, safe and anonymous online support for young people 7 days a week <https://www.kooth.com>

MindShift is a free app designed to help teens and young adults cope with anxiety <https://www.anxietybc.com/resources/mindshift-app>

Mind are a national charity who provide advice and support to empower anyone experiencing a mental health problem: <https://www.mind.org.uk/>

Not Fine in School peer support and resources for parents/ carers, with a linked Facebook group: <https://notfineinschool.co.uk/>

Looking after your own wellbeing

There is support for a wide range of adult health and wellbeing needs through **Salford's Health Improvement Team**.

If you'd like further information or help, fill in the contact form here:

https://contactus.salford.gov.uk/?formtype=HEALTH_IMR or call free on 0800 952 1000. Their Facebook page can be found here:

<https://www.facebook.com/SalfordHealthImprovement/>

Qwell provides free mental wellbeing support for adults across the UK, and is the adult version of Kooth. Use this link to sign up: <https://www.qwell.io/>

If you are struggling with your own mental health, please seek support from your GP. **Self-referrals** can also be made to talking therapy/counselling (anxiety, low mood) without the GP via <https://www.selfhelpservices.org.uk/>

Early Help Hubs and Family Partnership Model

Early Help Practitioners are based at local family hubs and are there to support families. They use the evidence-based Salford Family Partnership Model. They work closely with other services and additional support can be offered with issues such as housing, finances, relationships and wellbeing. Further information can be found here: <https://www.salford.gov.uk/children-and-families/early-help-for-families/family-hubs-childrens-centres/>.

Salford Parent Carer Forum

The Salford Parent Carer Forum is a parent/carer-led forum, run by volunteers who have lived experience of having a child or children with Special Educational Needs and/or Disabilities (SEND) and understand the difficulties and challenges faced by families. The Forum offers a regular programme of events to inform and empower parent carers, to hear their views and lived experiences, and to build a community of SEND support in Salford. This includes monthly Walk and Talks, drop-ins, coffee mornings, well-being sessions and an annual SEND information Day.

Find out more here: <https://salfordpcf.com/>

Facebook: https://www.facebook.com/SalfordPCF/?locale=en_GB

Salford Parent Assembly

Salford Parent Assembly is an open forum for parents and carers of children and young people, aged 0-25, who have SEND and live in Salford. The purpose of the group is to capture the voice and lived experiences of parents and carers of children and young people with SEND, to ensure their voices are listened to and incorporated into decision-making. If you wish to attend the next meeting please contact:

SIASS@salford.gov.uk

Online resources

More information about attendance support in Salford can be found here:

<https://www.partnersinsalford.org/salford-0-25-advisory-board/salford-thrive-ehwb/emotional-barriers-to-school-attendance-ebsa/>

Barriers to Education is a free online resource developed by Spectrum Gaming (an autistic community and advocacy group). The sections on anxiety and trauma, including ideas for support and recovery, were written with young people.

<https://www.spectrumgaming.net/resources/categories/understanding-anxiety>

<https://www.spectrumgaming.net/resources/categories/understanding-trauma>

Salford Educational Psychology Service has been working on a project with Spectrum Gaming; more information can be found here:

<https://padlet.com/spectrumgaming/barriers-to-education-1bnrx2lf6iwfck52>