

Access Support

Finding the right support for you and your family cannot always be easy, but it's important to remember that there are lots of places and people you can find help from.

As part of Curwen's continuous support to our families and communities, we have pulled together information about various groups that offer support. You can directly contact these services/organisations or speak to a member of the Pastoral Team or Senior Management Team at school who will help.

There are various programs across Newham that provides essential services to families. These organisations are there to protect and improve families' health and wellbeing. They aim to work closely with families to provide a range of public health services.

If you are feeling overwhelmed and alone, you can contact these services and an advisor will talk things through with you confidentially. **YOU ARE NOT ALONE AND YOU DESERVE SUPPORT!!!!**



(0800 11 11) – Run a free 24-hour helpline, email service and online and phone counseling service for children and young people in the UK.

INFO AND ADVICE

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!

<https://www.childline.org.uk/>



Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies on the NHS. A GP can refer you, or you can refer yourself directly to an NHS psychological therapies service (IAPT) without a referral from a GP.

Find an NHS psychological therapies service (IAPT)

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

At Hestia we support adults and children in times of crisis. We deliver services across London and the surrounding regions. This includes victims of modern slavery, women and children who have experienced domestic abuse, young care leavers and older people. From giving someone a home, to helping them to get the right mental health support, we support people at the moment of crisis and enable them to build a life beyond a crisis.

Our refuges continue to take referrals and accept women fleeing domestic abuse into our safe houses. Please contact the National Domestic Abuse Helpline on **0808 2000 247** if you need a refuge space. If you are in immediate danger please call the Police on 999

Bright Sky

Bright Sky is a free to download mobile app providing support and information to anyone who is concerned that someone they know is experiencing domestic abuse.

<https://www.hestia.org/brightsky>



Shelter helps millions of people a year struggling with bad housing or homelessness

Chat online
Chat to an expert housing adviser

Call our urgent helpline
Open 365 days a year
Helpline 0808 800 4444

Find local services
Find your nearest advice center to talk directly with an adviser



Triple P "Positive Parenting Programme"

early start

Triple P is an evidence based programme designed for all families and gives parents/carers the opportunity to learn and practice new ways to develop relationships with their child.

The groups encourage parents to set their own goals and try out strategies learnt in the group sessions that suit their own family needs. The programme includes approaches to promote good behavior and to managing misbehavior effectively.

For more information, you can visit the [Triple P website](#).

<https://www.earlystartgroup.com/parenting/what-is-triple-p/>

Ms Twitchman is trained to deliver these sessions, so speak to her if you are interested.



Newham Families Safeguarding Children & Young People

If you are worried that a child you know is at risk of serious harm through abuse or neglect, you should tell us. However if you think a child is in immediate danger, phone the police immediately on 999.

You should explain exactly what you have seen or been told. If you can, you should write down dates, injuries you have seen and/ or the exact words you have heard.

Need help?

If you want to speak to us about your request or make an anonymous request, call us on:

- 020 3373 4600 during office hours (Monday to Thursday, 9am to 5.15pm or Friday 9am to 5.00pm)
- 020 8430 2000 at any other time.

Children's MASH Service will receive your form or phone call. The service includes representatives from our Children's Social Care, Adult Social Care, Early Intervention, Community Health, Housing, Hestia, Education, Probation and Youth Offending Teams and Newham Police.

Each team will check what information they hold about the child and family to make a decision together about which team should respond to your worries.

We will make this decision in at least:

- one working day if we think a child is in need of our protection or within four working days in all other cases

We will notify you of the outcome of your referral at least within four working days of receiving the referral.



Family Support Worker

Our Family Support Worker can offer practical help and emotional support to families experiencing short or long-term difficulties. They can offer practical help and emotional support to families experiencing short or long-term difficulties. They can help parents and children with a range of social and personal issues or specialise in a particular area such as domestic abuse, bereavement or homelessness.

Contact the school and we can put you in touch with our Family Support Worker.



We create a welcoming space for effective personalised digital mental health care. Available to all.

1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care.

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People.

FGM

Daughters of Eve is a non-profit organisation that works to protect girls and young women who are at risk from female genital mutilation (FGM). By raising awareness about FGM and sign-posting support services we aim to help people who are affected by FGM and ultimately help bring an end to this practice.



Our wider work is to advance and protect the physical, mental, sexual and reproductive health rights of young people from female genital mutilation practicing communities. We recognise that FGM occurs in the context of wider harmful practices and that young people often have many different problems. We take a holistic approach, offering advice and support to help young people in as many ways as we can.



The Magpie Project

<https://themagpieproject.org/about/>

We provide a safe and fun place for mums and under-fives suffering in temporary or insecure accommodation.