

Family Support

At Catshill Federation we recognise the challenges that families face in bringing up children. We understand that times are hard and every now and again we all need extra help and support. If this is the case, we want to open our doors and we welcome you to come in and chat with us.



Mrs Andrews



Miss Doidge



Mrs Wainman

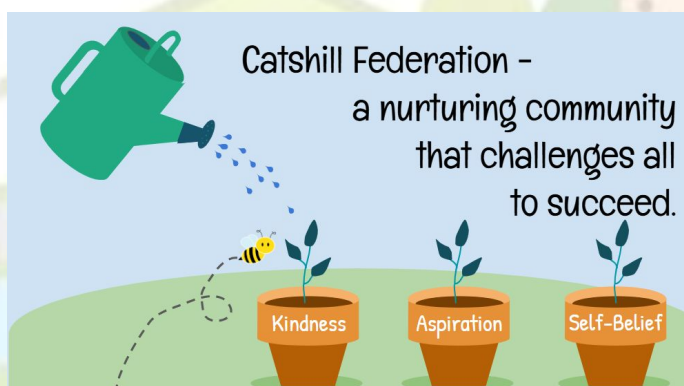
You can contact us on:

CMS: 01527872431

safeguarding@catshill-middle.worcs.sch.uk

CFSN: 01527872913

safeguarding@catshillfirst.worcs.sch.uk



There are many support pathways we can use to help you, no matter if the service needed is for you or your child. Our 'Early Help Offer' aims to put the whole family at the heart of all we do to implement help when problems arise to stop them escalating.



We work in partnership with a wide range of other professionals - from different agencies - within our community. Our goal is to listen, to hear, and to help so that together we can achieve the best for your family and empower our young ones to better, brighter futures.



General Advice & Support

[LINK TO: Virtual Family Hub](#)

Worcestershire County Council have developed this virtual family hub to give you a range of different resources to help to support you and your family.

WORCESTERSHIRE
VIRTUAL FAMILY HUB

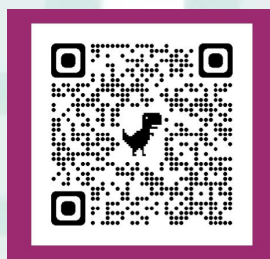


Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

[LINK TO: Starting Well Partnership](#)

Starting Well have advice and services for Young People as well as for Parent(s) and Carer(s) experiencing a range of health issues.

Opening hours are: 9am – 4:30pm Mondays to Fridays
Telephone: 01905760000



[LINK TO: Ready Steady
Worcestershire](#)



Free School Meal eligible children and families with a referral are invited to sign up for the Worcestershire Holiday Activities and Food (HAF) Programme now.

READY STEADY
WORCESTERSHIRE



[LINK TO: Worcestershire County Council Early Help Family Support Service](#)

The Early Help Family Support Service is delivered by Worcestershire County Council directly to families permanently living in Worcestershire who have children aged 0-18 years old and need help and support, specifically from a Family Support Worker.



[LINK TO: BDHT 360](#)

The 360 Team at Bromsgrove District Housing Trust (BDHT) facilitate a drop-in every Wednesday from 12.30pm to 2.30pm to provide information, advice and guidance on: Form Filling, Budgeting Advice, Housing Queries, Employment Support and Benefit Advice.

Local Services

Catshill Library

Meadow Road, Catshill, Bromsgrove,
B610JW

GP Surgery

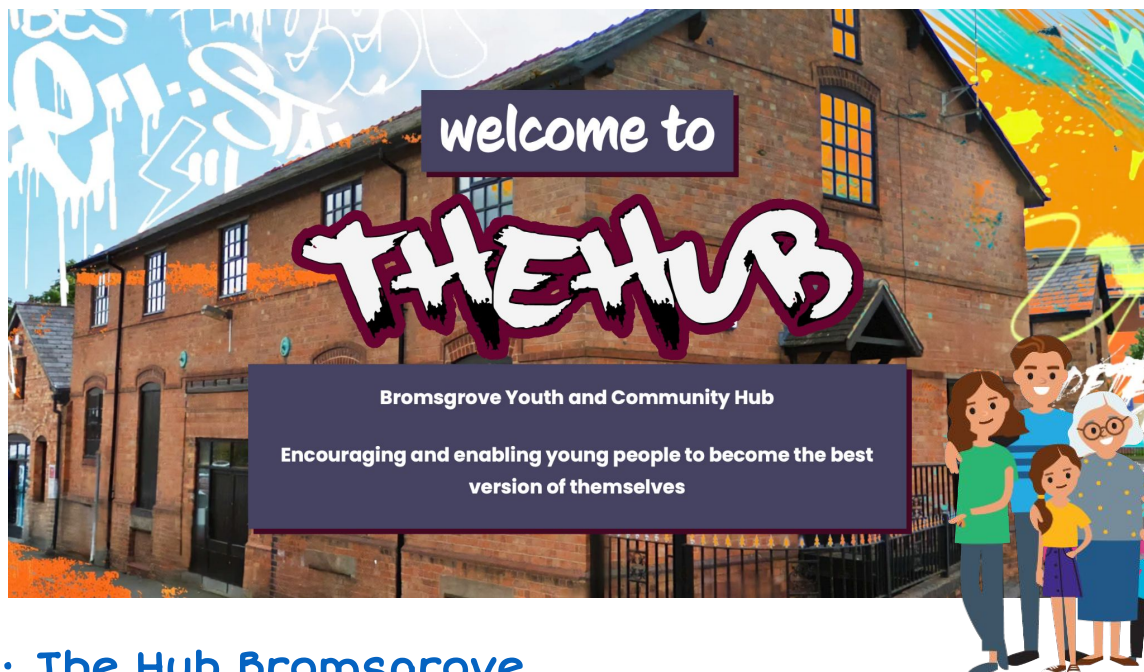
Catshill Village Surgery
36, Woodrow Lane, Catshill, B610PU

Food Bank – Baptist Church *WEDNESDAY COLLECTION ONLY

Catshill Baptist Church
Milton Road, Catshill,
Bromsgrove
B610NA

Phone: 07542102649





[LINK: The Hub Bromsgrove](#)

The Hub is a vibrant youth and community space in the heart of Bromsgrove. Run by passionate youth workers, supported by volunteers, and shaped by the voices of young people, we provide safe, inclusive opportunities for 9-25 year-olds to grow, express themselves and connect.

TEL: 07353 739896 EMAIL: info@thehubbromsgrove.org

Address:

22 Market Street,
Bromsgrove,
B61 8DA



[LINK: MELO](#)

Melo will provide a range of early intervention and preventative support options designed to meet individual needs identifying what matters for each child /young person and where appropriate, their family.

TOGETHERNESS

[LINK: Togetherness](#)

Togetherness is an NHS emotional health team sharing evidence-based teaching and learning about emotional wellbeing and preventative mental health in the UK and around the world.

Health



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

[LINK TO: Starting Well Partnership](#)

Catshill Village Surgery

17, The Dock, Catshill, Bromsgrove, B610NJ

Mon-Fri 9am – 4:30pm T: 01527488335

A Health Visitor will assist you over the phone with any worries, concerns, or questions you have or you can use the text service and speak with a School Nurse on

CHAT HEALTH: 07507331750



[LINK TO: School Health Nurse](#)

School health nurses offer a range of services such as home visits, health needs assessments, time4u drop-in service, school aged hearing and national child measurement programme to support the needs of children and their families.

Relationships



[LINK TO: Harmony in the Home](#)

Harmony at Home understands all relationships can experience challenges, difficulties and breakdown, especially with the pressures of being a parent.

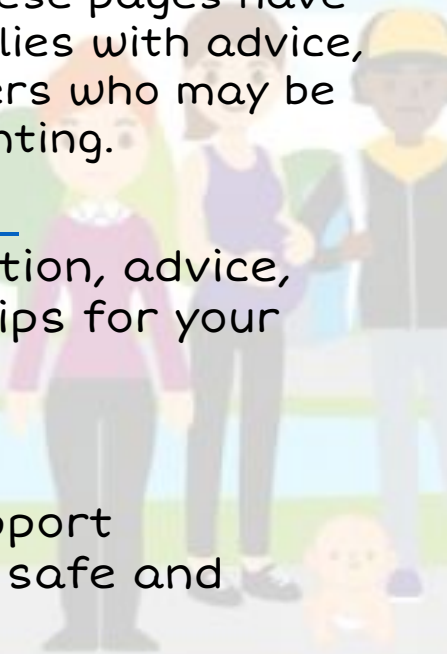
Conflict is natural within relationships, these pages have been designed specifically to support families with advice, tips and information for parents and carers who may be together, separating, divorced or co-parenting.

[LINK TO: Healthy relationships - NSPCC](#)

NSPCC services and links offer information, advice, and intervention on healthy relationships for your family and children.

[LINK TO: West Mercia Women's Aid](#)

CRUSH is an awareness raising and support programme to help young people make safe and healthy relationships.



Friendships & Relationships in Teenagers

Making friends and starting new relationships are a big part of getting older. It's very common to fall out with friends or break up from relationships – which can be very difficult to deal with. You might also be in a relationship that doesn't feel right and need some advice about what to do.

The websites below contain lots of information about making friends, peer pressure, healthy and unhealthy relationships, sex and much more. There is also information available for parents around how to talk to your child about friendships, sex and relationships.

[LINK TO: Childline - Friends, relationships and sex](#)

[LINK TO: NHS Choices - How to talk to your child about sex](#) Information and advice about sexual health, including contraception and sexually transmitted infections (STIs).



[LINK TO: Kidscape](#)

You can also get in touch with us by using the contact details below. The Parent Advice Line is open on Mondays and Tuesdays, 9:30am – 2:30pm. If we are not available at the time you call, please leave a message with your name and best contact number, or send us an email, and we will soon be in touch.

Parent Advice Line: 0300 102 4481

WhatsApp: 07496 682785

Email: parentsupport@kidscape.org.uk

Mental Health & Wellbeing

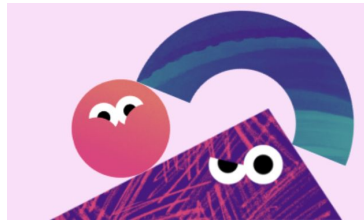
Child and Adolescent Mental Health Services



[LINK TO: CAMHS - I am worried about my child](#)

[LINK TO: Healthy Minds](#)

NHS Talking Therapies



[LINK TO: WEST - Worcestershire Emotional Support Team](#)

kooth

[LINK TO: Kooth](#)

Kooth is an online mental wellbeing community which offers free, safe, and anonymous support.

The Wellbeing and Emotional Support Teams (WEST) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in educational settings.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

[LINK TO: Papyrus UK Suicide Prevention](#)

Papyrus can offer suicide prevent support providing free and confidential helplines, advice, webchats, and resources.

[LINK: Touchstones](#)



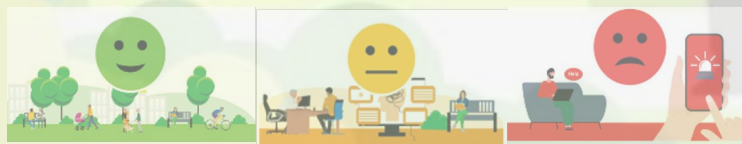
Touchstones is a small, local charity with one very simple aim – to be there for any bereaved child and young person in North East Worcestershire – including Redditch, Bromsgrove, Wythall, Rubery, Hagley

WINSTON'S WISH

Giving hope to grieving children

[LINK TO: Winston's Wish](#)

Winston's Wish provide support for children and young people following the death of a sibling, parent, or a person important to a child.



Sexual Health

[LINK TO: Sexual Health Worcestershire County Council](#)

[LINK TO: Worcestershire Integrated Sexual Health Service \(WISH\)](#)

WISH offer friendly and non-judgmental specialist services to support with information and advice, contraception, pregnancy, STIs and screening. WISH have a dedicated Outreach nursing service. Referral forms can be found following the link. The Outreach team see young and vulnerable people who couldn't otherwise access sexual health services.



[Under 21 Saturday Service](#) - Clinic telephone lines are open between 10:00am – 12:30pm on Saturdays - Please call: 01905 681673 for further details.

Young People have a telephone consultation and are asked questions about their relationships. Callers will be advised what to do next and directed towards a clinic if necessary.

Free STI test kits and contraception: [LINK TO: Free Home STI STD Test](#)

Childcare

[LINK TO: Information about Childcare in Worcestershire](#)

Different types of childcare and information on choosing the right type and the funding available.



Parenting

The Starting Well Partnership offer a range of parenting support, information, groups, and courses. We currently run a course for parents on a Thursday morning in school. For information on the groups available please visit:



[LINK TO: Parenting groups - Starting Well](#)



Homestart can work with you to provide one to one support in the family home each week. This service provides support tailored to your needs and can help you as parents they learn to cope and build confidence to provide as best you can for your children.

[LINK TO: Home-Start](#)

Telephone: 0152762819

Young Carers

[LINK TO: Worcestershire Young Carers](#)

Worcestershire Young Carers aim to identify, and support children and young people aged 7 to 24 years who have a caring role within the home and help look after a parent, sibling, or grandparent due to illness, disability, physical or mental health difficulties or substance misuse.



Finance, Housing & Employment

If you are facing challenges around employment and income, please contact the local Job Centre who can offer support with: Jobseekers' Allowance, Incapacity Benefit, Employment & Support Allowance and Income Support.

Local Jobcentre Plus

Market Street,
Bromsgrove,
B618DA

Telephone: 08001690190

Opening: Mon - Fri 9am - 5pm



[LINK TO: Bromsgrove & Redditch Citizens Advice Bureau](#)

We can all face problems that seem complicated or intimidating. At Citizens Advice Bromsgrove and Redditch, we believe no one should have to face these problems without good quality, independent advice.



That's why we're here: to give people the knowledge and the confidence they need to find their way forward – whoever they are, and whatever their problem.

[LINK TO: Housing, Finances and Debt](#)

Support and guidance resources can be found on the link above part of the Worcestershire Virtual Family hub.

WORCESTERSHIRE
VIRTUAL FAMILY HUB



Substance Misuse

CRANSTOUN

Empowering People, Empowering Change

[LINK TO: Cranstoun](#)

Cranstoun has supported people to rebuild their lives, inspired transformation and empowered positive change. They are here for people who need help and support with substance misuse with a variety of support strategies.

[LINK TO: Here4Youth](#)

Worcestershire **Here4YOUTH** works with youths to provide alcohol and drug support and they can meet team members at school, at home, or in any environment that they feel comfortable in. They offer advice, support and guidance for children, young people and family members of any age to cope with someone else's drug or alcohol misuse.

Get Safe

If you are worried your child is at risk of being tricked, forced, or made to work in the criminal world please speak to a member of staff and visit Get Safe for help and information:

[LINK TO:
Get Safe](#)

Get Safe
Worcestershire

[LINK TO: NHS - How to spot child sexual exploitation](#)

Family Member in Prison?

[LINK TO: NICCO](#)

Do you have a family member in prison which is having an impact on your child? Support is available to work with both the person in prison and your family.

[LINK TO: Families First - YSS](#)

Families First provides support and guidance in a safe space, to enable the whole family to cope with the demands of having a partner, and parent, in prison.

National
information
centre
on children
of offenders

Yss *Making it happen!*