



Allen Edwards Primary School

Studley Road, London, SW4 6RP

Headteacher: Louise Robertson

Signposting Support Available

Mental Health and Wellbeing

- Parenting advice from our child mental health experts (<https://parentingsmart.place2be.org.uk>)
- Mental Health Support Team 121 parent workshops: Fears and Worries **(If you are interested in being referred to this, please speak with Ms Harris)**
- Friendship workshops for children through our Mental Health Support Team
- Place2Talk: 121 lunchtime drop ins for children through Place2Be. **Self-referral service** for all students, individuals or small groups (15-20 minute lunchtime sessions) **(Referrals letter box for children)**
- Place2Be 121 counselling through Place2Be for children. **10 sessions per pupil; 40-60 minutes per session** (extended where clinically necessary up to 20 sessions)
- Parent workshops through Place2Be **(If you are interested in being referred to this, please speak with Ms. Harris)**
- Staff Mental Health Champion Programme.
- Place2Be Parent Partnership: Advice and signposting for **family-focused issues** (up to 5 sessions) **(If you are interested in being referred to this, please speak with Ms. Harris)**
- Place2Think: Self-referral **service for staff** providing consultancy on mental health issues
- Place2Be Mental Health and Wellbeing training for staff during staff meetings and insets.
- Place2Be Therapeutic group work: 8 sessions 'Journey of Hope' **group programme for 6-10 pupils** with high emotional and/or peer difficulties.
- Place2Be Personalised Individual Parenting Training: An **intensive parenting programme** designed to promote a positive attachment relationship between a parent and child, delivered by the Family Practitioner, face to face or virtually, via 7 – 10 60-minute sessions **(If you are interested in being referred to this, please speak with Ms. Harris)**
- Black Thrive. The Black Thrive Partnership, brings together individuals, local communities, statutory agencies and voluntary organisations to address the structural barriers that prevent Black people

from thriving. Black Thrive, design and deliver bespoke learning sessions for all races across all sectors to routinely address, inequality, inequity, diversity and inclusion.

- Child and Adolescent Mental Health Services (**CAHMS**) (**Arrange an appointment with your doctor and they will refer. Website: <https://www.westlondon.nhs.uk/our-services/child-and-adolescent/camhs>**)
- Music Therapy for children
- Psychotherapy for children
- Art Therapy for children
- Staff reflective practice with the Mental Health Support Team (**see dates in briefing notes and on the calendar**)
- Staff 121 sessions with the Mental Health Support Team (**email the team directly**)
- **Healthy Living Platform:** a charity that is all about offering activities which benefit the health and wellbeing of the whole community (**<http://healthylivingplatform.org/what-we-do>**)
- Men's Mental Health support: With support from Lambeth's public health team Hyde and Code 7 will be running a yearlong mental health programme aimed at working age men from Stockwell. This will include outreach activity and monthly events.
- Teacher Support Network (**<http://teachersupport.info>**)
- Samaritans. You can call for support with your mental health and wellbeing (**Telephone: 116123. Website: <http://www.samaritans.org>**)
- Relate. UK's largest provider of relationship counselling (**<http://www.relate.org.uk>**)
- Princess Royal Trust for Carers. Here to improve carers' lives by fighting for equality and recognition for carers (**<http://www.carers.org>**)
- Mindful Employer. Information and guidance on managing stress and mental health in the workplace (**www.mindfulemployer.net**)
- MIND. They provide information, advice and local services to support mental health and wellbeing (**<https://www.mind.org.uk/>**)
- Talking Therapies Lambeth. They are a local NHS provider offering free and confidential talking therapies and specialist support to help you feel better. (**<https://lambethtalkingtherapies.nhs.uk/>**)
- Kooth. They offers emotional and mental health support for children and young people aged between 11 and 24 (**<https://www.kooth.com/>**)
- Now and Beyond. They are an Education **Support** 24/7 Helpline. They are a UK charity dedicated to **supporting the mental health** and wellbeing of education staff in schools (**<https://nowandbeyond.org.uk/support-for-teachers>**)
- Women's Clinic at Lorraine Hewitt House every Tuesday afternoon 2pm- 5pm (**Call to book 020 3228 1500**)

- Lambeth Cruse. Have you experienced loss through bereavement? Lambeth Cruse delivers a bereavement service for children, young people and their families affected by bereavement who are struggling with grief (**St Andrews Church, Short Street, London SE1 8LJ. Telephone: 020 7620 3999 Email: lambeth@Cruse.org.uk/Lambeth-Branch. Web: www.Cruse.org.uk**)
- Mosaic LGBTQ+. Mosaic LGBTQ+ delivers support, advocacy, and awareness sessions to encourage young people to build on their confidence, helping young people to manage their mental health and emotional wellbeing. Mosaic hosts several social events, online forums, as well as providing learning and educational materials (**Telephone: 0300 800 5428. WhatsApp: 07550 124 393. Email: info@mosaictrust.org.uk. Web: <https://www.mosaictrust.org.uk>**).
- Mindheart Creative therapies provide safe spaces for children and young people to reflect on their feelings and struggles. Children are provided the skills to enable them to build their self-esteem, confidence and emotional resilience (**Mindheart Creative Therapies 7 Bell Yard London WC2A 2JR Email: info@mindheartcreativetherapies.org**)
- The Maudsley Centre for Child and Adolescent Eating Disorders. If you are a parent/carer or professional and have concerns about a child or young person, then contact the Maudsley Centre for Child and Adolescent Eating Disorders.
- Youth Offending Service (YOS) CAMHS. The Youth Offending Service CAMHS team works with young people known to youth offending services who have mental health difficulties, offering a range of therapeutic interventions. The team sits within Lambeth Youth Offending Service comprising of clinical psychologists, dedicated liaison, and diversion mental health professionals.
- AIM Project (Telephone: 020 3228 6765). The Aim Project is part of YOS CAMHS and provides assessment and intervention for young people who are perpetrators of sexually harmful behaviour. The dedicated clinical psychologist works with the young person, their families and other professionals.
- Lambeth's Youth and Play Team. Lambeth currently fund all year- round services from a vast number of organisations, of which 19 focus on improved mental health and wellbeing.

Details of all centres:

Streatham Youth and Community Trust (Adventure Playground), Streatham Vale Park, Abercairn Road, London SW16 5AL

Contact: Angie Farrar

Telephone: 020 3146 417

Email: angie@syct.org.uk Web: www.syct.org.uk

	<p>Rathbone Youth Club 8 Chatsworth Way, Norwood, London. SE27 9HR Contact: Andrew Preston and Charline King Telephone: 020 8766 9280 Email: a.preston@rathbonesociety.org.uk or c.king@rathbonesociety.org.uk Web: www.rathbonesociety.org.uk</p> <p>Marcus Lipton Community Enterprise Marcus Lipton Centre, Minet Road, Brixton, London. SW9 UH8 Contact: Margaret Pierre Telephone: 020 3137 1161 Email: margaret@mlcommunity.co.uk Web: www.mlcommunity.co.uk</p> <p>Triangle Adventure Playground Ashmole Street, London. SW8 1NE Contact: Anne-Marie Martin Telephone: 07900 475143 Email: trianglermancom@yahoo.co.uk or triangleapg@gmail.com Web: www.triangleadventureplayground.com</p> <p>Grove Adventure Playground 18 Gordon Grove, Brixton, London. SE5 9DT Contact: Nick Lewis and Oli Perrins Telephone: 07799 621582 Email: groveplayleader@gmail.com Web: www.grove-playground.org.uk</p> <p>Alford House Aveline Street, Kennington, London SE11 5DQ Contact: Tim Saunders Telephone: 020 7351 519 Email: tim@alfordhouse.org.uk Web: www.alfordhouse.org.uk</p>
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<p>Health</p>	<ul style="list-style-type: none"> • Evelina School Nursing Service (Advice and support Text only: 07520 631130 Telephone: 020 3049 4777 Email: letstalkmedicines@gstt.nhs.uk) • Chat Health is for young people aged 11–19 (text Chat Health on 07507 332 150). • Parentline is a FREE text messaging service, operated by school nurses, for parents/ carers to access (Simply text Parentline on 07520 631130).
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Special Educational Needs

- Termly Coffee Mornings for our Resource Base parents and carers with specialist professionals e.g. SALT and OT **(See Dojo)**
- Coffee Mornings across the year with mainstream specialist professionals e.g. SALT for parents and carers **(See Dojo)**
- ChatterTime: Under 5s NHS Speech and Language therapy (<https://www.evelinalondon.nhs.uk/our-services/community/community-speech-and-language-therapy/chattertime.aspx>)
- In school we offer a range of different professionals that can support your children: Occupational Therapy, Speech and Language Therapy, Music Therapy, Educational Psychologists and Lambeth Autism Advisory Service **(Please speak to Ms Harris or Ms Harvey for further information)**
- Referrals to the paediatrician to better understand your child's needs and gain any diagnosis.
- Sleep Clinic **(Arrange a doctor's appointment and they will be able to refer)**
- Feeding Clinic **(Arrange a doctor's appointment and they will be able to refer)**
- CENMAC. CENMAC helps children and young people using assistive technology to access the curriculum or to communicate (<https://cenmac.com/>)
- Lambeth Autism Advisory Service parent workshops and Early Bird Course **(telephone: 07849079140. Email: LAAS@lambeth.gov.uk)**
- Support applying for Disability Living Allowance
- Support Applying for Blue Badges
- SEND transport application support
- EHCP referrals
- Parent and Infant Relationship Service (PAIRS). PAIRS is an early intervention programme delivered by South London and Maudsley NHS Foundation Trust focused on attachment and emotional understanding between parents and their children, aged under 6 months. PAIRS have three different services and is available to: expectant parents, parents with babies. This service is available to parents in Tulse Hill, Stockwell, Coldharbour and Vassal **(07718 251 1099 or Melissa on 07753 136813/020 3228 6771 Email: PAIRS_Lambeth@slam.nhs.uk or Signe.Fog@slam.nhs.uk (with mobile)**
- Lambeth Early Help Service. Lambeth Early Help Service works with CYP up to the age of 19 (or 25 where the child or young person has a SEND). The aim of the service is to help families who would welcome additional support. Early interventions can help individuals get better quickly and prevent problems from becoming worse. If your child or young person is experiencing substance misuse issues, poor physical or mental health, or unemployment, they may be able to help **(Telephone: 020 7926 3100 (24 hours) Email: helpandprotection@lambeth.gov.uk or help.protection@lambeth.cjsm.net)**
- ARCS Service. ADHD and Related Conditions Service (ARCS) is a local charity working in partnership with parents and carers of young people, and the multidisciplinary ADHD Strategy Group within the Borough of Lambeth. ARCS aims to engage, equip, Lambeth young people, parents and children affected by ADHD and other neurological conditions. **(Email: maggie.owolade@arcslambeth.co.uk Website: www.arcslambeth.co.uk)**

	<ul style="list-style-type: none"> • Lambeth Special Educational Needs (SEND) Local Offer. Every child and young person deserves to thrive in the best possible way. Some children and young people need a little extra help to reach their potential (https://www.lambeth.gov.uk/lambeths-send-local-offer). • Lambeth information and advice service (LIASS). LIASS provides confidential and impartial advice about SEND to parents/carers who are worried about their child's progress at school. Advice is also given in relation to education, health and care plans (EHCP). Young people can also use the service to acquire advice, support and information around their own SEN (Email: lambethiass@lambeth.gov.uk Telephone: 020 7926 1831 or 020 7926 9805 Web: www.lambethiass.org.uk).
<p>Community Links for you and your families</p>	<ul style="list-style-type: none"> • Little Sunflowers Play Group. Wednesday from 9:15 – 10:15 in the school hall. • Nature Garden. An inclusive space providing free, supervised play sessions for 5 – 12 year olds after school and in the school holidays and Saturday Family Sessions 10:30 – 4pm. They also offer sessions for Under 5s: <ul style="list-style-type: none"> - Foragers - Term Time Only. Tuesdays 10am – 11:30am. Under 5s, child must attend with a parent or guardian - Friday Stay and Play (U5s) - term time only. Fridays 9:30am – 12pm. Under 5s, child must attend with a parent or guardian (https://oasisplay.org.uk/nature-garden/) • Art4Space (https://www.art4space.co.uk/) • Termly Coffee Mornings with our Mental Health Support Team (see Dojo) • Lambeth Early Action Partnership (LEAP) provide support for parents and carers of children from 0 – 3 years old. They have a weekly calendar of events that they update (https://www.leaplambeth.org.uk/events/home-from-home) • Other LEAP supported community groups: <p>Nurturing Mamas: <i>Every Monday. Time: 1pm-2.30pm. Venue: Arts4space studio, 31 Jeffreys Road, SW4 6QU</i> Circles led by Linda and Saori, a mama's circle for fellow mums with babies looking to feel connected in their new journey of motherhood. Mama and baby group, held in the spacious studios and gardens of Art4space circles will be an informal mix of mindfulness, breath work, gentle yin stretching, aromatherapy and just a chance to chat with delicious mamas in a non-judgmental circle of women. Little ones (0-12months) are welcome but for health and safety need to stay close to parents, i.e. in arms, prams or slings etc. Reg via: https://www.leaplambeth.org.uk/events/home-from-home</p> <p>Italian Coffee Morning: <i>Every Monday. Time: 11am-12pm. Venue: Art4Space, 31 Jeffreys Road, SW4 6QU</i> Activities to enhance and enrich the learning experience of the Italian language and Italian culture. This is a relaxed and friendly group always open to new members. This Culture Club is perfect for anyone who would like</p>

	<p>to know more about Italy and Italian culture and have a better understanding of the language and its people. Reg via: https://www.leaplambeth.org.uk/events/home-from-home</p> <p>Ethnic Minority Women's Group <i>Every Monday. Time: 9.30am-10.30.</i> Venue: Art4Space, 31 Jeffreys Road, SW4 6QU. Safe space for women from ethnic minorities doing craft activities. Just turn up, no need to register.</p> <p>Baby Massage & Yoga for Mums, followed by Coffee & Chat <i>Every Tuesday. From 10am to 11am.</i> Venue: St Stephen's Children's Centre, Meadow Place, SW8 1XY Baby massage is a fun, relaxed session for babies up to crawlers with a mixture of movement and relaxation. Book here: https://www.leaplambeth.org.uk/events/home-from-home</p> <ul style="list-style-type: none"> • Carers Hub Lambeth – Young Carers. Carers Hub provides emotional and practical support for young carers, including 1:1 support, creative arts and activities, mentoring, advice, and wellbeing calls. The project aims to link young carers with other young carers to reduce social isolation via group workshops and activities.
<p>Food Support</p>	<ul style="list-style-type: none"> • Trussell Trust Food Bank Referrals (contact Ms Harris for a referral) • Be Enriched Food bus every Wednesday afternoon outside the front entrance. • Free School Meals for all children from September 2023. • Healthy Living Community Food Pantries (http://healthylivingplatform.org/pantries) • Free School Meals holiday vouchers (contact Ms. Loretta in the office for more information) • Cost of living with Morley College: Hyde and Morley College have co-designed a cost of living module. This is a two-hour session which will provide basic information and guidance on managing finances and will signpost support. Participants will receive £10 voucher to compensate for their time. This can be hosted by partner organisations with groups of 8+ participants.
<p>Housing Support</p>	<ul style="list-style-type: none"> • Centrepoint. If you are aged between 16–25 years, homeless or at risk of homelessness, Centrepoint can help you. Centrepoint gives homeless young people a place to stay whilst they get the help they need to move into independent living. In addition to housing support, they also provide therapeutic support and counselling (Email: reception@centrepoint.org.uk Web: https://centrepoint.org.uk/) • School links to Hyde Housing (If there are any concerns, please inform Ms. Harris, who will support you with next steps) • School can support with letters to Lambeth Housing if you require support or changes to accommodation.

<p>Domestic Violence Support</p>	<ul style="list-style-type: none"> • The Gaia Centre. The Gaia Centre provides confidential, non-judgmental and independent support services for those living in the London borough of Lambeth who are experiencing gender-based violence (Email: Lambethvawg@refuge.org.uk Telephone: 02077338724) • Respeito. To reduce and prevent domestic abuse in the Portuguese speaking community living in the UK. (Website: https://respeito.org.uk/about-us/) • National Domestic Abuse Helpline (https://www.nationaldahelpline.org.uk/)
<p>Parent and Carer Resources to support your children at home</p>	<ul style="list-style-type: none"> • Lambeth Parenting Support Course. The Strengthening Families, Strengthening Communities, or SFSC, is a strengths-based parenting course, meaning Welcare facilitators aid and encourage parents to identify the strengths they already have, and use these to improve the parent-child relationship. It's a 13 weeks in person course and the next one starts during the Easter half term. An SFSC course is guided heavily by the experiences participants bring to the group. Presenting issues can include, but are by no means limited to: <ul style="list-style-type: none"> - Lack of communication between parents - Lack of communication between parent and child - Parents working differently - Using shouting and chastisement for bad behaviour - Not listening to children's point of view - Children concerned about eating problems/disorders - Sibling rivalry - Children threatening self-harm - Parents/children not able to express feelings and communicate these verbally https://www.lambeth.gov.uk/forms/register-with-our-parenting-support-service • Gingerbread. we provide information to help single parents support themselves and their family (https://www.gingerbread.org.uk/what-we-do/) <ul style="list-style-type: none"> • Mental Health Support Team 121 parent workshops: Behaviours that Challenge and Fears and Worries. (If you are interested in being referred to this, please speak with Ms Harris) • Mental Health Support Team Parent workshops (see Dojo) • Parenting advice from our child mental health experts (https://parentingsmart.place2be.org.uk) Early Intervention Support. Lambeth Community Early Help is a partnership who aim to ensure that children, young people, and families receive additional support at the earliest opportunity to prevent difficulties, and take immediate action when difficulties are identified, to prevent them from getting worse. https://www.lambeth.gov.uk/children-young-people-families/early-help-services • Empowering Parents, Empowering Communities (EPEC) (Email to: EPEC@slam.nhs.uk or jo.nicoll@slam.nhs.uk)