ABBEY COLLEGE IN MALVERN
abbeycollege.co.uk

Early Help Offer

Related Documents Include:
• Citizenship & Personal Tutors Policy • Online Safety Policy • Mental Health and Wellbeing Policy • Provision of Information Policy • Preventing Extremism and Radicalisation Policy • RSHE Policy • Student Voice Policy
Legal Status:
• DfE Statutory Guidance: Listening to and Involving Children and Young People 2014 (Update September 2026) • Promoting and supporting mental health and wellbeing in schools and colleges (2021)
Monitoring and Review
• This policy will be subject to continuous monitoring, refinement and audit by the Principal and the Welfare Manager. • The Principal and Welfare Manager will undertake a formal annual review of this policy for the purpose of monitoring and of the efficiency with which the related duties have been discharged, by no later than one year from the date shown below, or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.
• The next official date for review is **November 2027**

Introduction

At Abbey College we take seriously the welfare of our students. We encourage students to share any issues they may be concerned about. At Abbey College we support students and parents in many different ways.

Tutor System
• Each student is allocated a Personal Tutor, who they meet throughout the term. This is an opportunity for students to discuss any personal or academic problems they may be experiencing.
Head Girl/Head Boy
• A Student representative that will have monthly meetings with the Welfare Manager of the Principal in order to ensure the students' voice is heard. This is an opportunity for any issues to be brought up, but also an opportunity for the preparation and planning of
House Meetings
• An opportunity for students to be given information about forthcoming events and also an opportunity for students to inform staff of any issues they may be experiencing. House meetings take part once a week, with the House Parent.
PSHE Programme
• Personal, Social, Health and Economic programme is run within the school day. The curriculum is developed by listening to the needs of the students at Abbey College and incorporating their ideas.

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Topics covered include cyberbullying, Prevent, Online safety, anti-bullying, peer on peer abuse (child on child), risk taking, drugs, smoking, sexual education, consent, FGM, forced marriage etc.

Welfare Office

- We have a welfare team situated in the main building. The team are responsible for every aspect of student health, well-being and accommodation.
  Staff are available from 8.00am until 10.30pm in the office. Any student is welcome to drop into the office for a chat or advice.

Student Study Support

- Students who need extra support with their academic studying can access help from the Welfare Team who will help them with studying skills. During Activities time, on Wednesdays a Homework Club was set in place for the students that require support, which is help by Mr Jack McArdle.

Emotional Wellbeing

- The Welfare Manager is also the senior Designated Mental Health Lead. She is situated in the welfare office and can offer advice on emotional well-being and mindfulness.
- The Welfare Team can signpost students and parents to the relevant support and can refer to external agencies if deemed appropriate.

External Support & Agencies

- There are many external agencies that offer support for young people. Below are contact details for services offered within Worcestershire.

Kooth

- Kooth, Worcestershire. This provides online emotional wellbeing support for young people. It is free, safe and anonymous.
  www.Kooth.com

Footsteps

- Footsteps is a registered charity providing support for bereaved children, young people and their families in Worcestershire following the death of a parent, sibling or other significant person in their life. We guide and support bereaved children and young people and help them manage their grief.
- Footsteps provides a service totally ***free of charge*** to bereaved children and their families in Worcestershire
  www.talktofootsteps.co.uk

Specialist CAMHS

- CAMHS is a specialist mental health service for children and young people under the age of 18, where the young person is presenting with moderate to severe mental health problems that are impacting on activities of daily life and preventing them from functioning within the norms of their age.
  www.hacw.nhs.uk/CAMHS
  Tel. 01905 763 300

West Mercia Rape & Sexual Assault Support (WMRSASC)

- WMRSASC is a free, confidential and non-judgemental support service for survivors who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack,

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whether physical, verbal or emotional. The trauma caused by sexual abuse may not surface for many years after the event. We treat all calls equally, sensitively and confidentially, appreciating the courage required to break silence, overcome guilt and threats, and share the events of the past whether they happened days or years ago.

- Contact number is 01905 724514 if you live in Worcestershire. We provide services like a telephone helpline, face to face counselling and a special support service if you are going through the Criminal Justice process (ChISVA service).

CRUSH

- Women's Aid organisation run a programme for young people who have witnessed domestic abuse.
  http://www.westmerciawomensaid.org/

Reach4 Wellbeing (RAW)

- NHS service for face to face emotional wellbeing support. Therapeutic group work offered for children and young people with mild to moderate emotional and mental health difficulties that have not responded to school based prevention and emotional wellbeing support.
  The service can be accessed via the GP Services.

Worcestershire Healthy Minds

- Mental health services for over 16s and adults. Healthy Minds support people aged 16 or over who are experiencing problems such as stress, low mood, anxiety or depression. The service offers short courses, talking therapies and self-help information.
  https://www.nhs.uk/services/clinic/worcestershire-healthy-minds/R1AEC

Parenting and Family Support

- Parents and carers can access the following website for practical information including – line guides, parenting courses and group support available in their area.
  Early Help family support | Worcestershire County Council

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