

The 2024 theme is **Movement**

# MENTAL HEALTH AWARENESS WEEK

13 to 19 May 2024

Mental Health UK Awareness week theme is **Movement**. They have produced posters on how to get moving in school, work and home. Click on the image to access.



At **SWHP** we realise the importance of looking after our own mental health as well as supporting others with theirs. We held a coffee & chat morning prior to our recent staff meeting to give all staff a chance to meet and catch up. We also asked staff to bring one thing that they use to help support with Mental Health. This could be professionally or personally. This was a great opportunity for staff to share resources they use when supporting families. Staff also shared how they destress which included exercise tips, recipes and podcasts to watch.

## Please refer to the Parenting Course Calendar

detailing local parenting courses attached to your newsletter email which we ask that you send onto your families.

## Outstanding School Payments

Thank you to all our schools that have paid their invoice for the new service year 'April 2024 to March 2025'. and for your continued support.

For any outstanding schools payments, please can this be sent as a matter of urgency or we will have no choice but to place your service on hold until payment is received.

Can you also ensure you sign and return your Service Level Agreements to;

Carly Maddison, Business Manager at [Carly.Maddison@swhp.org.uk](mailto:Carly.Maddison@swhp.org.uk)



A very BIG welcome to **Bushey Meads School** and **St. Mary's Rickmansworth C of E School**.

We are looking forward to working with you both.



South West Herts Partnership  
ISSUE 201– MAY

New Service Year - April 2024 - March 2025

*'Working with families to support and empower in making positive change'*

As we embark on a new year of support for our schools we thought it would be a good opportunity to remind schools of the boundaries within which our early intervention service works.

We will always endeavour to support (or signpost to an appropriate higher level service) any families you refer into us and our aim is to empower and make positive change for them.

Our contract states that "support will be offered at the earliest point possible to those families who are at risk of not achieving positive outcomes, by applying the principles and approaches of early help, to prevent escalation of need."

The earlier we can intervene in emerging issues with families or young people gives us the maximum opportunity to achieve the desired outcomes.

Your school team really are our greatest allies in achieving this by spotting small differences in the behaviour or the presentation of their pupils, or listening to parents who may be reaching out for support.

If you would like your allocated family worker to come and speak with school staff about the service and signs to look out for, please let them know.

## HERE TO HELP! WE CAN:

- Attend **home visits** and welfare checks
- Act as Lead on **FFA's** (TAF meetings)
- Represent at Families First Panel meetings, DSPL9 meetings & County events
- Provide **Workshops**; Transition, Exam Stress, Emotional Wellbeing, PBs—for both students and parents/carers
- Provide parent **Coffee Mornings and Drop-in Sessions**
- Access multiple, experienced specialists – ASD, parental conflict, parenting, benefits etc.
- Support parents with **EHCP's**
- Continue to support families during school holidays
- Access food and household essentials via charitable organisations, foodbanks and Household Support Fund
- Attend appointments with families
- Provide impartial and empathetic support to help parents start the process of change
- Provide **Drawing & Talking** courses



# SURVIVING EXAM SEASON

Whether you are in the middle of GCSE's, A'Levels, SATs or busy revising for the 11+ it's important to manage your stress levels and remember to ask for help if you need it. SWHP actively works with pupils and families in exam cohorts and we are passionate about supporting the mental health and wellbeing of our service users.

## Leading up to the exams

- ◇ Between revising make sure you take time out for enjoyable activities.
- ◇ Prioritise sleep and healthy eating.
- ◇ Get some exercise
- ◇ Be kind to yourself – remember all the hard work you have done up until now!
- ◇ Talk to others – you are not alone.
- ◇ Ask for access arrangements if needed.

## On exam day:

- Deep breaths and focus
- Be well prepared – make sure you have all the right equipment.
- Keep hydrated and eat well.
- Give yourself time – don't rush.
- Don't compare answers
- If you don't know an answer—don't panic just move on.
- Treat yourself after

## Revision tips:

- Organise a revision timetable that works for you
- Work out how you learn best – what works for your best mate might not work for you
- Rag rate your revision (green – yep I know it, yellow – I need to re-look at this, red- I don't know this and need to keep going over it)
- Take regular breaks
- Start early
- Vary revision techniques
- Have a designated study space
- Avoid distractions (yes, your iPhone!)

## Help

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.thecalmzone.net](http://www.thecalmzone.net)  
[www.justtalkherts.org](http://www.justtalkherts.org)  
[www.withyouth.org](http://www.withyouth.org)  
BBC Bitesize

## Mums, dads and carers –

- \* Be supportive, not critical
- \* Pick your battles – remember stress levels are high and now might be time to turn a blind eye to a messy bedroom or a bad mood.
- \* Focus on the positives
- \* Be reassuring immediately before an exam.
- \* After – discuss the 'good' bits – don't focus on the hard or unanswered.
- \* If you think exam stress is taking over (persistent low mood or irritability) please seek support from your GP, Family support Worker or school (see help for further support).



# HOW TO GET THE MOST OUT OF YOUR SERVICE

We have set out the following expectations from our schools to ensure that we are able to meet yours and our requirements over this period.

- You will aim to use the service evenly across the 3 terms – approx. 33% per term. We cannot guarantee worker capacity – especially in the last term if you ‘save’ hours until then. Any hours remaining at the end of March 2025 cannot be carried over.
- Parents/carers should be contacted by the school and consent to speaking with us before a referral form is sent.
- All referral forms should be signed by an appropriate member of staff with all the contact details filled in correctly.
- Where possible a 3-way planning meeting should occur at school or on Teams with school, parent/carer and SFW present – this may not always be possible, e.g., due to parent working hours, disengagement with school but should be aimed for in order to identify outcomes.
- A review meeting must be held on Teams or at school at the 6 – 9-week mark; this is to establish if successful work is happening and identify if work needs be continued or can be closed.
- Where possible, identify cases that fall into ‘early help’ or families that are actively seeking to make changes– we always endeavour to support families you refer to us but high needs cases that may have had multiple services involved or entrenched long term issues may not achieve all the desired outcomes you want.
- Please provide 1 or 2 contacts at school for your allocated SFW – it can become confusing for school if there are a lot of people liaising with us.

If you need to purchase more hours in the year due to overuse, please ensure payment is prompt for work to continue with your families and consider increasing your buy-in for the following years’ service to accommodate your schools needs.

Please be mindful about your buy-in and hours per term. Your family worker will endeavour to be as flexible as possible, but we strongly recommend regular communication about your usage and the level of support your families are requiring.

## SWHP COMMUNITY COLLABORATIONS

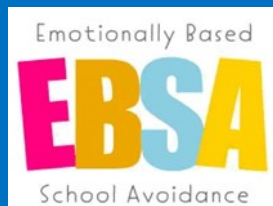
Working together to support families to keep warm, stay safe, eat well and live well

**Better Housing, Better Health  
Warmth Champions**

**White Ribbon Supporter  
Organisation**

**Trussell Trust Referral Agency**

**Part of the DSPL9 EBSA Project**



**Our team continually update their skills & knowledge  
Here's a snapshot of just some of the  
recently completed training:**

- ♦ Emergency First Aid at Work
- ♦ Autism & Anxiety
- ♦ Core Mediation Skills
- ♦ Social Media, Dating Apps & Online Safety
- ♦ My Teen Brain
- ♦ Working with Mothers with Emotionally Unstable Personality Disorder
- ♦ Conflict Training
- ♦ Voice of the Child
- ♦ Trauma Enforced Practice
- ♦ DV Perpetrators



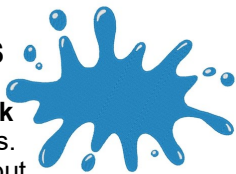




# "What's On?"

## SPLASH POOLS

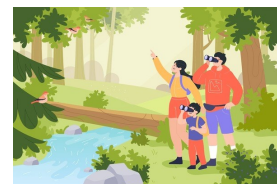
at **Cassiobury Park** are open to all ages. This a free facility but the council asks for donations when booking on the Everyone Active App.



## WALK IN NATURE

Go to Cassiobury Park for a walk in nature and visit The bluebells at Whippendell Woods, the ancient trees including the 'Cedar of Lebanon' dating over 100 years.

Visit the wildflower meadows and nature reserve and spot the different varieties of butterflies, insets and birds.



For all Cassiobury Park Activities please click on following link;  
[Cassiobury Park activities www.watford.gov.uk](http://Cassiobury Park activities www.watford.gov.uk)



## STEVENS FUNFAIR

returns to Cassiobury Park May 25th to June 2nd

Merry-go-rounds, bumper cars and candy floss will all make a comeback this summer.

The fair has operated in the town for over 70 years and in 2023, it brought new rides to Watford, including 'The Giant Star Flyer', 'The Extreme', and 'Super Trooper'.

No need to book, just pay as you go. Rides from £2.50 to £5.

<https://watfordtowncentre.com/event/watford-fun-fair/>



Showing at Watersmeet Theatre this half-term.  
<https://www.watersmeet.co.uk/shows-and-events>



## FREE Activities to do at home

- **Build a Habitat** - use natural materials - sticks, moss, soil, wood and make an insect hotel.
- **Have a Family Bake Off** - challenge yourself against another family member to make something creative and delicious using ingredients you already have in the house.
- **Arts & Crafts** - get stuck into some colouring, making pictures with leaves, flowers or a collage from cutting out pics in old magazines.

## WildPlay Sessions



May dates should be displayed on their website shortly  
<https://www.threerivers.gov.uk/services/leisure-parks-culture/nature/wildplay>



Kids Eat Free when an adult makes any purchase when dining in the café between 27-31 May (excludes weekends).



Download the Too Good to Go App and enjoy food from local bakeries or restaurants at 1/2 the price.

*Working with families to support and empower  
in making positive change*



## What can we offer you?

### SCHOOLS THAT BUY IN THEIR HCC AMOUNT HAVE ACCESS TO;

- \* Their own allocated experienced and knowledgeable family worker(s).
- \* A year round service.
- \* Shared knowledge from a team of 12 SFWs with their own champion areas.
- \* All SFWs have become **Warmth Champions** to advise on cost of living.
- \* All Staff are trained in **Drawing & Talking Therapy**.
- \* All staff are trained in **Core Mediation Skills** and we have a fully accredited Mediator



**Home Visits** - these are invaluable in assessing a family's needs and very often uncover other issues that are perhaps not known to the school



A school family worker **based in your school** for a specific number of hours per week



**Families First Assessments** - acting as lead on Families First Assessments



**1:1 Drop-in sessions** for pupils or parent/carer(s)



**Coffee Mornings** for parent/carer(s) providing information on topics such as; Routines & Boundaries, Positive Parenting, School Anxiety, Online Safety etc.



**Workshops & Group Work** - providing informal workshops/group work for pupils or parent/carers in areas, such as; emotional wellbeing, exam stress, transition and protective behaviours. We have created workbooks to provide & support pupils that attend with information and strategies that they can take away with them.

SWHP have formed good relations with local organisations and access funding and donations where identified. This has included; being set up as a referral agency with **The Trussell Trust** to refer people in crisis to their local food banks, being granted Household Support Funding by Three Rivers Council and Watford Borough Council to distribute white goods, food and clothes vouchers etc. and receiving Christmas donations from local supermarkets.

## How do we evaluate the service?

As well as sending County surveys to our schools and parent/carer(s), we use our own evaluations which are sent out to parent/carer(s), schools, child/young person at the close of each case along with the HCC Parent and School survey. The results help us to identify and make improvements to our service which we incorporate into our development plan and staff targets.

**100% of schools completing evaluations since September said that they would recommend our services to other schools**

*"Our family worker has been a great help this school year. She has given support to two families who needed to feel secure and able to deal with the problems that they were facing. She accompanied one to meetings. She wrote and phoned for another to get the particular therapy and the money by which to pay. She has also begun a short-term Families First Assessment. This has saved school much time, to enable those who would have been involved to complete other assignments on their ever-increasing list of things to do.*

*The parents are very grateful. They do not want to be signed off but want the security to know that someone is there for them if needed.*

*Thank you so much"*

## A ROUND-UP OF OUR YEAR SO FAR...

- This year, we invoiced **85** schools within our partnership area
- **71** schools bought into our services (including x 2 specials & 10 secondary schools)
- Total schools who bought in: **84%**

- SWHP are part of the **DSPL9 EBSA Project** and are currently supporting 6 families across local primary and secondary schools



- Our top 5 presenting Primary Needs are:

**Behaviour**      **ADHD / ASD / SEN**

**Mental Health / Emotional Wellbeing (C/YP)**

**School Attendance**

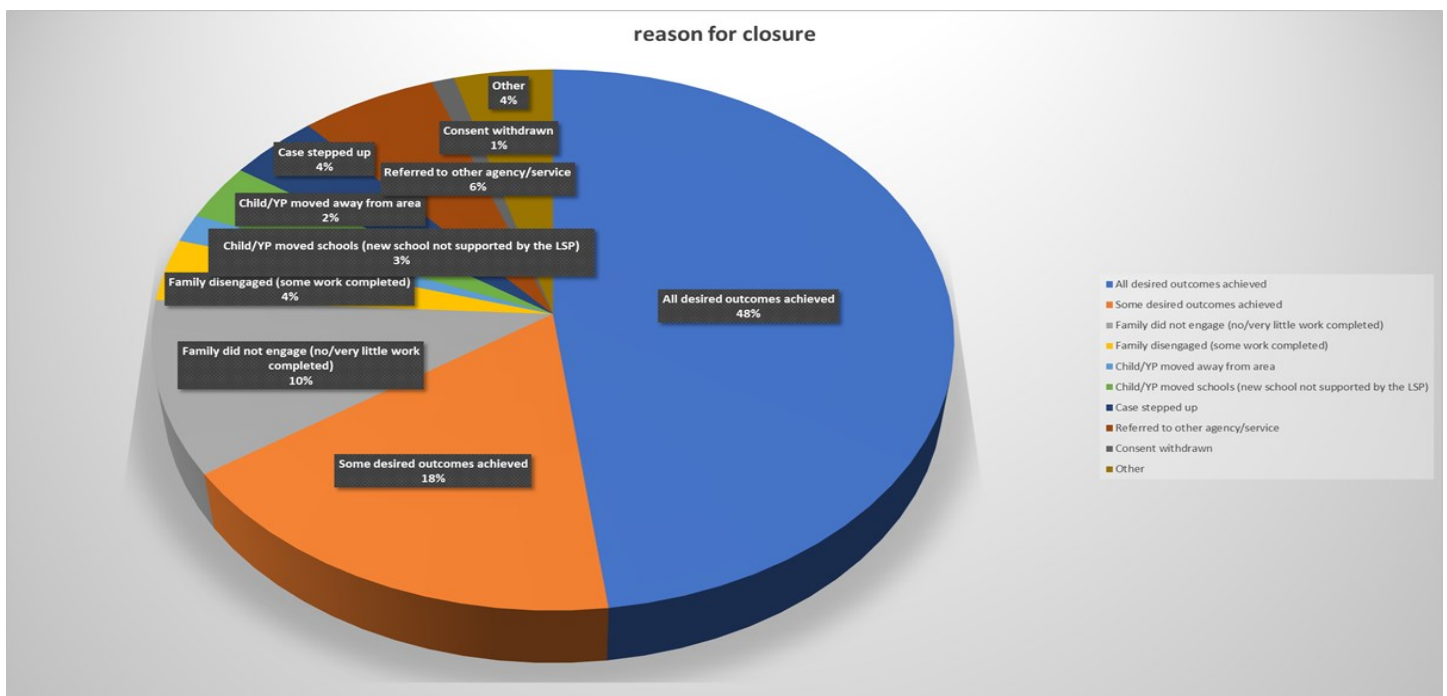
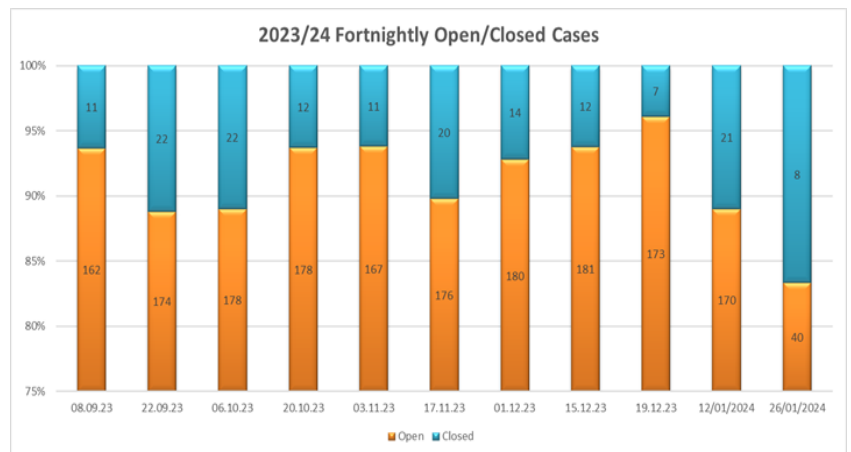
**Parenting / Parenting Skills / Strategies**

- SWHP are currently Lead Professional on: **16 FFAs**
- And have **51 STW cases** on the EHM System

- SWHP have supported **105** local families since Sept with vouchers for food, warm clothing, white goods etc. via the **Household Support Fund**

## Active Caseload

- Our team have made **366** scheduled home visits since Sept
- Taken **459** referrals since April
- Average amount of open cases held by team is currently **161**
- Average amount of cases being closed each week is **15**
- Average case weeks are **24** weeks





# Meet the SWHP Team

## Business & Senior Management Team



**Carly Maddison**  
Business Manager

Carly.maddison@swhp.org.uk  
07872 991558



**Ella Young**  
Partnership Co-ordinator

Ella.y@swhp.org.uk  
07872 991538



**Dave Bell**  
Family Support Manager -  
Networks

Dave.b@swhp.org.uk  
07872 991576

**Allocated Schools**  
Bushey Meads  
Queen's



**Ella Deanus**  
Family Support Manager -  
Staff

Ella.d@swhp.org.uk  
07872 991577

**Allocated Schools**  
Rickmansworth Park  
Rickmansworth School  
Watford Grammar School for Girls  
Yorke Mead

## School Family Workers



**Alison Barnes**  
School Family Worker  
Alison.b@swhp.org.uk  
07872 991559

**Allocated Schools**  
Field Junior      Parkgate Infants  
Parkgate Junior      Reach Free  
St Paul's  
The Grange Academy  
Watford Field Infants



**Baljit Chhina**  
School Family Worker  
Baljit.c@swhp.org.uk  
07872 991535

**Allocated Schools**  
Central Primary      Chater Infant  
Chater Junior      Kingsway Infants  
Kingsway Junior



**Caroline Vine-Lott**  
School Family Worker  
Caroline.v@swhp.org.uk  
07872 991566

**Allocated Schools**  
Bushey Healyj      Greenfield  
Sacred Heart      St. Joseph's  
St. Meryl      Watford Boys  
Woodhall

# School Family Workers



**Danielle Harman**  
School Family Worker  
Danielle.h@swhp.org.uk  
07872 991571

## Allocated Schools

Chorleywood Christchurch  
Rickmansworth Park The Grove

EBSA Project



**Debbie Greenfield**  
School Family Worker  
Debbie.g@swhp.org.uk  
07872 991561

## Allocated Schools

Breakspeare Croxley Danes  
Harvey Road Little Green  
Meadow Wood The Russell  
St Anthonys Watford - St John



**Debbie Wingfield**  
School Family Worker  
Debbie.w@swhp.org.uk  
07872 991546

## Allocated Schools

Coates Way Future Academies  
Shepherd St Clement Danes  
St Joan of Arc St John's Catholic  
St Peter's



**Georgie Manfredi**  
School Family Worker

Gerogie.m@swhp.org.uk  
07872 991540

## Allocated Schools

Bushey Meads  
Eastbury Farm  
Hartsbourne  
Lanchester  
Little Green  
Little Reddings  
Malvern Way  
Newberries  
Parmiters  
St Mary's



**Nadia Eljanfali**  
School Family Worker

Nadia.e@swhp.org.uk  
07872 991545

## Allocated Schools

Arnett Hills  
Fair Field  
Highwood  
Little Reddings  
Maple Cross  
Queens'  
St Johns C of E



**Rebecca Lathwell**  
School Family Worker

Rebecca.l@swhp.org.uk  
07872 991568

## Allocated Schools

Future Academies  
Knutsford  
Nascot Wood Infants  
The Grove Academy  
Parmiters  
EBSA Project



**Sam Ward**  
School Family Worker

Sam.w@swhp.org.uk  
07872 991578

## Allocated Schools

Alban Wood  
Ashfield  
Bournehall  
Bushey & Oxhey Infant  
Bushey Manor  
Cassiobury Infant  
Cassiobury Jnr  
Holy Rood  
Merry Hill  
St Catherines  
The Orchard