

Knowles Primary School Early Help Offer

“Early help means providing support as soon as a problem emerges, at any point in a child’s life, from the foundation years through to the teenage years. Early help can also prevent further problems arising”

(Working together to safeguarding children, 2018)

At Knowles Primary School, we recognise the importance of early help to meet the needs of our children.

Early help is everyone’s responsibility, together we will make sure that children and their families are safe, happy and ready for school, work and life’s challenges. The school has a clear and detailed Child Protection and Safeguarding Policy in place which puts the safety and protection of children at the heart of any decisions. The school’s safeguarding team is made up of the following personnel:

- Designated safeguarding lead (DSL) - Sarah Rice
- Deputy Safeguarding Lead - Charlotte Purves
- Safeguarding team members: Sophie Simpson, Rietha Kitshoff and John Hole
- Family Support (DSLs): Cheryl Weight and Nicola Weight
- Safeguarding Governor: Janet Deeley

All designated safeguarding leads complete safeguarding training on a two yearly programme. All other school staff have an annual update on safeguarding, changes in legislations and other safeguarding issues. Parent and child surveys are completed and learning conversations are taken place with staff regarding safeguarding, as well as regular briefings and bulletins.

The school has a Family Support team and they offer early intervention to support families before they get to crisis point; prevention rather than cure! Their primary aim is to remove children’s barriers to learning. The Family Support team build links with parents and carers of children to enable us to understand more about children’s home lives and the impact this may have on them in school.

We want all our children to achieve the best possible outcomes and receive support where they need it most. Early help enables children to be ready for school and more likely to achieve their full potential. The purpose of Early Help at Knowles Primary School is to prevent issues and problems from being serious and harmful to the child, young person, family and community.

Here at Knowles Primary School, we understand just how complicated family life can be. From time to time there may be situations where you need extra help and support.

If things aren't right at home, please come and talk to us. We have what we call an early help offer. There are many ways in which we can help! Below is our school offer:

- Taking the time to listen to your own and/or the child's concerns. We have two family support workers (Nicola Quilter and Cheryl Weight). They are available for a chat at any point you feel as though you may need support. If they cannot support in school then they will be able to signpost you to other agencies.
- The Senior Leadership Team are on the gate every morning and after school, as well as the teachers having an 'open-door policy'. We take the time to listen to families. Sometimes, you might need to share information or have a difficult situation you need to make us aware of. You can also ask to book appointments with the Senior Leadership team at the office.
- We have an effective PSHE curriculum which supports children and develops key skills not only for school but for life.
- We have a school nurse linked to the school through Milton Keynes Council. You can speak to us for a referral form. We also offer School Nurse Clinics termly.

**Level 1
Universal**

Children who make good overall progress in most areas of development and receive appropriate services.

- 'Open door policy' - available to talk in the mornings or after school or via the telephone.
- Parents evenings
- Breakfast club
- Breakfast provision in the classroom
- After school clubs
- Class Assemblies, including productions and sports days
- Mindspace in the morning
- Well-being zones at playtimes/lunchtimes
- Home visits
- Pupil Voice
- School council
- School Library
- Music service - rock steady
- Developing skills through the PSHE curriculum.
- School nurse - weight, height, sight and hearing checks.
- Flu immunisations - Reception

**Level 2
Additional**

Children whose needs require some extra support, most likely provided by universal services and a targeted service.

We put in place intervention in school to support children who need it, be this academic or mental well-being.

As a school we use The Assessment Framework Triangle (Appendix 1) to reach a judgment about the nature and level of needs and/or risks that the child may be facing within their

family.

Family Support Team

Nicola Quilter and Cheryl Weight are our family support workers. They can help you with a wide range of issues such as behaviour management, financial worries and debts, domestic abuse, housing concerns, mobility difficulties, parents in prison, bereavement and loss, cyber-bullying - in fact any concerns which you are worried about might be having a negative impact on your children.

Our Family Support Team work with children and families in school and may support children in a variety of different ways.

Support with Pupil Premium applications, School Uniform, payment for trips and breakfast club.

Family Support can also signpost families to universal services.

Family Support will often use a Common Assessment Frameworks (CAF) tool with families to see how school can support.

Below are some of the interventions Family Support to children:

Protective behaviours - Everyone has the right to feel safe all of the time. Recognising early warning signs, safe and unsafe secrets and establishing a support network.

Worry boxes - Children have the opportunity to share a worry at any time. Worry boxes are in the family support room for children to use. FS workers will check them regularly and support children and families.

Mindspace - An intervention for children who need support with confidence and self esteem through expression relaxation and visualisation.

Managing emotions - Supporting children to recognise different emotions, providing practical techniques in how to manage feelings.

Bereavement support - Working closely with families to provide support during loss and referring children & families for specialist bereavement support if needed.

PANTS Programme - Talking PANTS is a simple way to help keep children safe from abuse.

Play Therapy - Support for parents and their child to help develop positive attachment.

Social/friendship groups - Supporting children to develop positive and lasting friendships.

	<p>Self-esteem Workshops - Supporting children to build confidence in themselves.</p>
<p>We hold Team Meetings and Pupil Progress Meetings to look at children's progress. At these meetings we may signpost children to receive intervention.</p>	<p>Reading Recovery - A specialist intervention delivered by a Reading Recovery Teacher. Teaching children how to read.</p> <p>Fisher Family Trust - supporting children in KS1 to learn how to read and write.</p> <p>Boost Reading - Supporting children with reading and comprehension for children in KS1 and KS2.</p> <p>Rapid Phonics - a phonics catch up programme for Years 1-6.</p> <p>Write from the Start - developing children's fine and gross motor skills to support with handwriting for children in Early Years and KS1.</p> <p>Forest Schools - targeted intervention for children who need support with self-confidence and self-esteem.</p> <p>School Start - developing children's speech and language in the Early Years and KS1.</p> <p>Mind Space - an intervention for children who need support with self-confidence and self-esteem.</p> <p>First Class Number - supporting children from Year 1 - Year 6 with their number and calculations.</p> <p>Numicon - supporting children to help visualise numbers from Early Years - Year 6.</p> <p>Rock Steady - Targeted intervention for Pupil Premium and Looked After Children to develop musical ability and develop self-esteem.</p> <p>Ride High - Targeted intervention for children open to other services or who are looked after to promote self-esteem and confidence.</p>
<p>Our Assistant Head of Inclusion holds SEND Pupil Progress Meetings to discuss specialist interventions that may support children with SEND.</p>	<p>ELKLAN- developing communication and social interaction skills.</p> <p>Socially Speaking - Supporting Key Stage 2 children to improve their self-esteem, listening skills and expressive language abilities.</p> <p>Starving the anxiety gremlin - teaches children to develop their self-esteem, self-confidence and their emotional well-being.</p> <p>Starving the anger gremlin - teaches children to manage their anger. It is aimed at children between 5 - 9 years with SEMH difficulties.</p> <p>Toe by Toe - highly structured reading programme for children in KS2.</p> <p>Word Wasp/Hornet Literacy Planner - teaches literacy skills to children with moderate reading difficulties.</p> <p>Language for thinking - Supports children with SLCN to develop their language. It is aimed at children between 4-7 years.</p> <p>Colourful semantics - developing children's grammar.</p> <p>Picture Exchange Communication Systems (PECS) - used with children under the direction of the speech and language</p>

	<p>therapist. PECs supports children to communicate. Rainbow Road - develops children's sensory motor, fine motor, visual perception and memory areas.</p>
<p>Our Assistant Head of Inclusion also supports families and children in other areas. Here are some of the services she offers:</p>	<p>FACTs, FACT plus, EHCP assessment PEPs Speech and Language referrals Support from Educational Psychologists Support from SEMH team Behavioural concerns Pru referrals School nurse referrals Support with medical concerns CAMHs referrals Mental Health Support Team Referrals Support from Zondi through Think for the Future.</p>
<p>We signpost families and seek support from different external support agencies: There are a number of support agencies out there who we can access or signpost you to if you are experiencing difficulties at home. There are also agencies which you can contact independently should you wish to do so, who might be able to help and provide the support for your family. Please see a list of external agencies as detailed in Appendix 2.</p>	
<p>Level 3 Considerable <i>At this level children's needs are more complex and need multidisciplinary response.</i></p>	
<p>Children's Families Practice offer Early Help services for Families with additional or considerable needs that cannot be met through universal provision alone.</p> <p>There are three teams based within the local area to ensure that support is more accessible to children, young people and their families. CFP help to ensure that services are easily accessible such as:</p> <p style="text-align: center;">Childrens and Families Practices Children's centres Youth Provision Specialist Teachers</p> <p>They have effective links with partners organisations, work closely to ensure that they coordinate advice and signpost families to the most appropriate services. These organisations include:</p> <p style="text-align: center;">Schools, Children's centres and day nurseries Youth Provision and Connexions Health Services Housing Children's Social Care Police Youth Offending and probation services Community and voluntary groups</p> <p>They provide practical advice and support, and access to training; work to develop and maintain positive family relationships; and support in helping to ensure that children do well in school and</p>	

maintain good attendance.

Early Help Team number: 01908 691691

Referrals: 01908 253169

General enquiries South: 01908 657800

General enquiries North: 01908 253712

General enquiries Central: 01908 252696

www.milton-keynes.gov.uk/earlyhelp

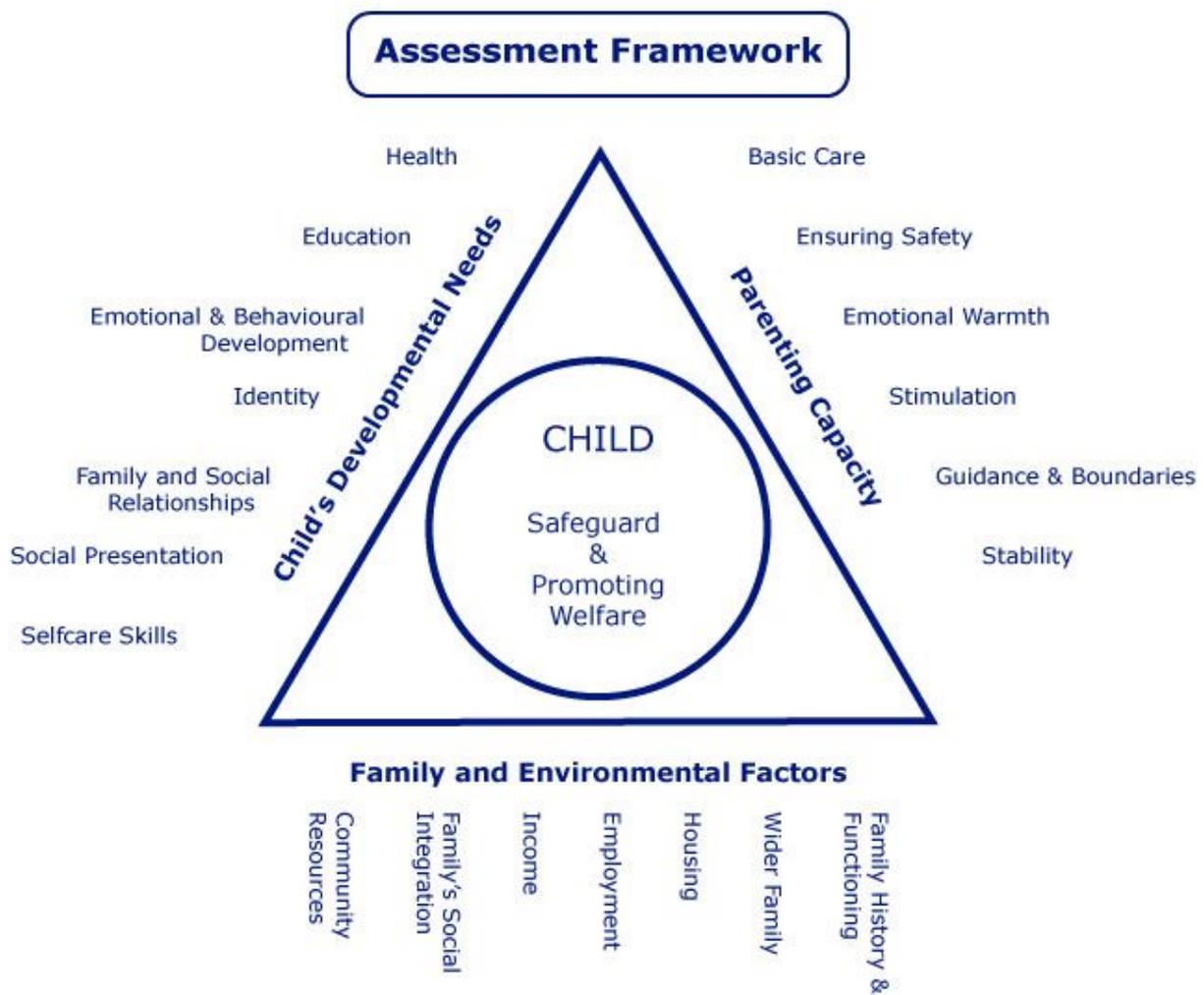
**Level 4
Specialist**

We seek further support from services to best support our families when children's needs are complex and enduring are at risk of significant harm or impairment.

The Designated Safeguarding Lead will work with children and families services to organise additional support. Support could involve:

Multi-Agency Referral Form
Multi-Agency Safeguarding Hub
Children's Social Care
Police
CAMHs
Youth Offending

Appendix 1: Assessment Framework Triangle



Appendix 2: List of services available.

Counselling

Yis

Charity providing free and confidential counselling for young people aged 11 - 21.

Info@mkyis.org.uk

01908 604700

CAHMs

Supports families and professionals who are concerned about children and young people who may be experiencing mental health difficulties.

01908 724228 (Monday - Friday 9am - 5pm)

Ride High

Registered charity that transforms the lives of disadvantaged children by giving them the opportunity to learn to ride and look after horses and ponies. They work to effect lasting change in attitude, self-confidence and life prospects so they can become happy, confident young people who are positively engaged in the world.

Referrals are made by professionals.

Child Bereavement UK

Face to face support for families where a baby or child has died or where children and young people, up to the age of 25, are bereaved. They also support families facing bereavement, where a child of any age is not expected to live, or where children and young people are facing bereavement of anyone significant in their lives.

<https://childbereavementuk.org/for-families/support/milton-keynes/>

mksupport@childbereavementuk.org

Helpline: 0800 02 888 40

01908 550895

SAFE Project

Working with 8 - 25 year olds, that have been hurt by crime. SAFE can offer support.

<http://www.safeproject.org.uk/youngPeople/about-SAFE.php>

0800 133 7938

01865 582 495

Mind BLMK

Central Wellbeing Centre (based on Midsummer Boulevard) where we offer counselling, mentoring and a range of wellbeing options. They also have a Community Garden project at York House in Stony Stratford and work across the community to promote better mental health and wellbeing.

<https://www.mind-blmk.org.uk/>

0300 330 0648

Willen Hospice

Willen Hospice provides specialist end-of-life care for adults, focusing on four key areas: specialist symptom control, emotional support, spiritual support and care for carers.

<https://www.willen-hospice.org.uk/>

01908 663636

Community action

Support to enable residents to become more active citizens. Working to improve the resilience of individuals.

www.communityactionmk.org

Strengthening Families

Support is open to families that meet two of the below criterias:

- Parents and children involved in crime or antisocial behaviour
 - Children who have not attended school regularly
 - Children who need help
- Adults out of work or at risk of financial exclusion and young people at risk of 'worklessness'.
 - Families affected by domestic violence and abuse
 - Parents and children with a range of health problems.

To access this support families need to complete a nomination form. School are able to support with this.

<https://www.milton-keynes.gov.uk/children-young-people-families/early-help/strengthening-families>

01908 253169 / 01908 257992

MK Bereavement Service

Volunteer Counsellors provide support counselling for anyone who has been bereaved through death.

<http://www.bereavementservicemk.org.uk/>

07483308032

MK Carers

Commissioned by Milton Keynes Council to offer support to all unpaid carers from the age of 8 upwards.

<https://carersmiltonkeynes.org/>

01908 231703

Young Carers

Young carers are 8-19 year olds caring for a family member with a physical or mental illness, a disability, or a drug or alcohol related problem. The person being cared for may be a parent, sibling or other relative living in the same household.

<http://www.youngcarersmk.org/>

01908 231703

Q Alliance

Q:alliance is a registered charity that provides support, information and representation for the LGBTQ + people who live, work and play in Milton Keynes. Since founded in 1998 they have helped the local LGBTQ+ community in a variety of ways, for instance through HQMK Youth Group, TYMK Youth Group, General Assembly, publishing local events, social groups and our Counselling Service.

<http://www.qalliance.org.uk/>

Talk for Change

Talk for Change is a first point of contact for people wishing to access psychological therapies in Milton Keynes. It is a joint project run by NHS Milton Keynes IAPT (Improving Access to Psychological Therapies) and Mind BLMK Counselling service for people with a GP in Milton Keynes.

<https://www.cnwl.nhs.uk/service/milton-keynes-talk-change/>

01908 725099 (option 1)

Mosaic

Mosaic supports all non-abusing parents and carers whose children have been sexually abused. With 25 years of experience, we provide a range of support services and information for parents, carers and professionals dealing with child sexual abuse.

<http://www.mosac.org.uk/>

0800 980 1958

020 8923 9990

Relate

You don't have to be married or even have a partner to come to Relate, we offer support to individuals, couples, families and young people.

There are lots of different reasons why people contact Relate for help e.g. communication difficulties, issues following separation or divorce, bereavement/loss, sexual problems, changes in the family e.g. the arrival of a new baby, a new partner, step children etc.

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

01908 31010

Service 6

Specialist provider of outcome based professional therapeutic support, divisionary and activity services for thousands of hard to reach, disadvantaged children, young people, adults and families.

<http://www.servicesix.co.uk/>

01933 277520

01933 273746

West Bletchley Well-Being Centre

WBWB offers a free-of-charge counselling service to residents of West Bletchley.

<http://www.wbwbcounselling.org.uk/>

01908 370 860

CHUMs

Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS has developed a unique service delivery model to ensure that children and young people are able to access a service that supports their individual needs.

<http://chums.uk.com/>

01525 863924

Citizens Advice Bureau

The Citizens Advice service helps people to resolve their problems. As the UK's largest advice provider we are equipped to deal with any issue, from anyone, spanning debt and employment to consumer and housing plus everything in between.

Our team of volunteers, supported by a small team of paid staff, operate telephone, face to face and email advice services that are available to anybody who wants to use them. Our advice is confidential, impartial and free of charge, with most of our work being supported by a mix of donations, charitable grants and some funding from central and local government.

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

You can drop in and see us from **9:30am to 2:00pm Tuesday to Friday.**

01908 604475 on Tuesday's, Wednesday's & Thursday's

MK ACT

MK Act is a charity in Milton Keynes which works with over 100 families' everyday to help them move on from fear and abuse. We have been providing safe emergency accommodation in Milton Keynes for women and their children escaping domestic violence for over 40 years.

<http://www.mkact.com/>

0344 375 4307

Strengthening Families

-Strengthening Families offers advice and support to those families that:

- have been out of work or training for a long period of time;
- are struggling to cope with supporting their children to attend school;
 - have had conflict with neighbours;
- have children who are, or have been, in trouble with the police;
 - experience violence within the home;
- have had support from social care and are still having difficulties;
- have physical and mental health problems affected by life choice.

<https://www.milton-keynes.gov.uk/children-young-people-families/early-help/strengthening-families>

This is a nominated service by professionals

01908 253519

01908 257992

Employment and Training

Work for us

We are a Milton Keynes based charity dedicated to providing our clients with the support they need to find work or further training. Formerly known as Women and Work, we have been supporting the people of Milton Keynes for almost 40 years. We are proud to have affected the lives of thousands of clients in that time.

We understand that as individuals, we all have different needs, and look to provide tailored support to suit our clients' training and employment goals. We offer a wide range of support sessions, groups and courses. Our services are available to everyone, no matter what skill level or experience they have.

<http://www.worksforus.org.uk/iag.html>

01908 200186/07983 467438

IAG

Youth Advice and Guidance is a free and confidential service for young people in Milton Keynes aged 16-19 (Up to 25 with learning difficulties or disabilities) who are not in employment, education or training.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk/youth-advice-and-guidance/youth-advice-and-guidance>

01908 254410

Goods

MK Storehouse

provide donated clothing for adults and for children of school age upwards free of charge to families and individuals who are in need and have been referred to them.

<http://www.mkstorehouse.org/>

01908 233725

Baby Basics

is a volunteer-led charity dedicated to supporting families who are in greatest need in Milton Keynes. They have second-hand, but good condition, baby essentials.

<https://baby-basics.org.uk/>

01908 968488

Food Bank

Referral Agencies identify families and individuals who need our support and issue a voucher entitling them to a food parcel. Food parcels can be picked up from one of our serving sessions located around the city. Clients can receive a food parcel x5 times within a rolling 12 month period. (Although we are flexible in some cases when clients need further help.)

<http://mkfoodbank.org.uk/>

01908 322800

Buttle

Charity organisation that you can apply for grants for children and families in need. For example if a family need a new washing machine or pushchair etc.

<https://www.buttelk.org/>

020 7828 731

Health:

Brook

offer a wide range of sexual health and advice services to anyone up to the age of 25.

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

Advice line: 01908 669215

School Nurse

School nurses work with schools and families to improve the health and wellbeing of children and young people.

Please contact the school.

Health Visitors

Health visitors are nurses or midwives who are passionate about promoting healthy lifestyles and preventing illness. They work with families to give pre-school-age children the best possible start in life.

Please speak to your doctors surgeries.

Midwives

Midwives are specialists in pregnancy and giving birth with the role of looking after a pregnant woman and her baby during pregnancy, labour, birth, and for up to 28 days after the birth of the baby.

Incontinence Nurse

The role of the continence nurse is to work with children and young people aged 4-25 with SEND and their families, where there are continence problems.

Please speak to your doctors surgeries.

Speech and Language

Milton Keynes Early Years Speech and Language Therapy Team works with pre-school-age children with speech and language difficulties in addition to feeding and swallowing difficulties.

<https://www.cnwl.nhs.uk/service/milton-keynes-early-years-speech-language-therapy-team/>

01908 725299

Drop in sessions run every Monday 9:30am - 12 noon at MK Hospital for children aged 0 - 5 years.

First Tuesday of the Month from 9:30am - 12 noon at Wolverton Health Centre.

School can submit referrals for school aged children.

SMILE MK

Smile:)MK is a project aimed at supporting people by providing access to various courses free of charge. Courses are delivered by various providers across Milton Keynes and offer the space to focus on improving mental wellbeing in a low-stress, supportive environment.

Some courses are more practical such as arts and crafts while others focus in particular on improving personal relationships, confidence and recognising and overcoming stress triggers.

Courses are free and last for 5 weeks with sessions of either 1 and a half or 2 hours.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk/advanced-learning-community-learning/smile-mk>

[ult-learning-community-learning/smile-mk](https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk/advanced-learning-community-learning/smile-mk)

01908 556700

Why Weight MK

This is a free service for residents within the county of Milton Keynes who are looking to take control of their weight and create achievable goals towards leading a healthy lifestyle. We have accessible adult and child lifestyle services for families with children aged between 5-19 years old and programmes that will support overweight children and young people to reach and maintain a healthier weight.

<http://www.whyweightmk.co.uk/>

01908 046 380

Housing Advice

Housing Advice Options Milton Keynes

If you think you are at risk of losing your home, we will be able to advise you of your legal rights and may be able to help you look at ways in which you can safely stay in your home.

- **Shelter** can offer advice, information and advocacy for people in housing need as well information to prevent homeless.
- **Citizens Advice Bureau** offer free, independent, confidential and impartial advice on rights and responsibilities.
- **GOV.UK** offer information regarding your legal obligations and rights when renting, buying or owning a home, plus information about what to do if you are homeless and where to get help if you have a housing dispute.
- **The National Homeless Advice Service** aims to prevent homelessness and and give accurate and timely advice.
- **Social tenants** (in council or housing association properties) who want exchange their home can register on Home Swapper.

<https://www.homeless.org.uk/homeless-england/service/milton-keynes-council-housing-options-team>

01908 253481

Out of Hours Emergency: 01908 226699

Milton Keynes Night Shelter

WNSMK provides supervised overnight accommodation to homeless and vulnerable people who would otherwise be rough sleeping during the extreme winter months between early December and mid-March each year. It works in partnership with several Milton Keynes churches that provide their facilities free of charge. A large team of volunteers from across the city come together to cook nutritious meals and provide a friendly safe environment each evening. The temporary night shelter is for men and woman (aged 18 and over) who have nowhere else to stay. There are 30 bed spaces per night. Every guest must be referred in order to have a bed.

<https://www.winternightsheltermk.com/>
welfare@winternightsheltermk.com

Private Sector Housing

The team covers all housing which is not owned by the council, including leasehold properties, privately rented accommodation, housing association properties and those which are owner occupied.

<https://www.milton-keynes.gov.uk/housing/private-housing-and-landlords/private-sector-housing>

01908 252664

01908 253271

MK Flouting Service

a specialist domestic abuse service and can help you with housing-related support.

01908 507163

MK Connections Support

Connection Support provides a breadth of specialist support services to a range of people facing complex life challenges. Our specialist support is tailored around the person and makes a difference to their life now but also provides building blocks to help them help themselves in the future.

We provide flexible and tailored support and advice to a range of adults (young and old) and families in Oxfordshire, Buckinghamshire and Milton Keynes. The support covers housing support, homelessness, isolation, money management, mental health and drug and alcohol abuse. Often service users have multiple issues which means our work with them is all encompassing.

<http://www.connectionsupport.org.uk/milton-keynes/>

01908 363492/363493

Debts:

Money Life Line

MK Money Lifeline offers practical help to people in debt through three main tools; telephone advice for simple debt or money advice queries, personal appointment with one of our team for more complex issues or by a Self-Help Pack. We are client-led in our structure and offer helpful advice in budgeting and can even negotiate with creditors on your behalf, where appropriate.

http://www.mkmoneylifeline.org.uk/Money_Lifeline/Main.html

0300 1235 198

Step Change

offer expert, tailored advice and practical solutions to problem debt.

<https://www.stepchange.org/>

0800 138 1111

Special Educational Needs and Disabilities:

SEND

Milton Keynes' vision for children and young people with special educational needs and disability is the same as for all children and young people - that they achieve their full potential in early years, at school, at college, at home and out and about in the community to enable them to lead happy and fulfilled lives within a safe environment and where they have choice and control.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer>

01908 253414

National Autistic Society

Provide information, support and pioneering services and campaign for a better world for autistic people.

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

0808 800 4104

Inclusion and Intervention Team

Working together with children, young people, families and educational settings, enabling children and young people with Special Educational Needs and Disability to enjoy and achieve in their learning whilst developing greater independence.

The team works across Milton Keynes supporting children and young people from 3 - 19 years old.

The team consists of specialist teachers, inclusion and intervention workers and psychology assistants.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/specialist-teaching-team>

01908 253169

01908 253170

SEND information, Advice and Support System (SENDIAS)

MK Special Educational Needs and Disability Service is a statutory service offering confidential and impartial information, advice and support to children, young people and their parents in Milton Keynes who have special educational needs or a disability, between the ages of 0-25, where this is impacting upon their education. Our extended remit covers health and social care where this relates to SEND and education.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/special-educational-needs/mk-special-educational-needs-and-disability-information-advice-and-support-service>

01908 254518

Short Break Vouchers

The Short Breaks Voucher scheme offers activities for children and young people with disabilities and can be anything from an after school activity to an outing at the weekend or an evening event.

Sometimes, there are opportunities for the whole family to enjoy the same activity together.

<https://www.milton-keynes.gov.uk/children-young-people-families/short-breaks/short-break-s-vouchers>

01908 254770

Drugs:

COMPASS

Delivery of effective prevention, early intervention, targeted and specialist services that build resilience and guide children, young people and adults away from risk and towards greater health and wellbeing.

<http://www.compass-uk.org/compass-milton-keynes/>

01908 250730

P3

P3's Link Worker Services are designed to improve ways of working with people who have complex and / or multiple needs. The aim is to enable them to 'link' into local services that meet their needs. We are not time limited in our work and are able to work at a pace agreed with clients.

Link workers assist clients with housing issues, financial difficulties, mental health needs, addressing drug and alcohol needs, relationship problems, developing social networks, accessing education and employment. Referrals to this service can be made by Milton Keynes Probation Service (NPS and CRC) and we also accept self referrals.

<https://www.p3charity.org/>

08081 643822

Port of Call

To offer people affected by behavioural, mental or addictive disorders with REAL hope. A unique treatment programme that is designed to be adaptable to each client's individual needs, carrying them through a complete journey of recovery and well-being. Complementary therapies are an important part of the recovery process. We also believe that they share a common principle, which is that the whole person needs to be treated to restore health and vitality. Therefore we try to address addictions from not only a physical point of view, but also a mental, emotional and spiritual one.

<https://portofcall.com/addiction-rehab-south-east/alcohol-and-drug-rehab-in-milton-keynes/>

0808 274 1277

Legal Advice:

MK Mediation

Mediation MK, an organisation which has been operating for more than 25 years with offices in Milton Keynes and Northampton .

Our primary role is to provide a mediation service for adults in Milton Keynes and Northampton. Our service can help if your relationship has broken down and you need to sort out practical issues such as:

- Arrangements for children
- Child maintenance payments
- Sharing finances (e.g. house, savings, pension)
- Dealing with any debts.

Our services are free to those who are eligible for Legal Aid. Fees apply for all others, assessed according to income levels

<http://www.mediationmk.org.uk/>

01908 231293

MK Family Law

specialist solicitors offering expert legal advice across the full range of Family Law matters such as Divorce & Separation, Child Arrangements & Social Services, Care Proceedings, Matrimonial Finance & Property, Mediation, Collaborative Law, Forced Marriage and Domestic Abuse Injunctions.

<https://www.familylawgroup.co.uk/site/contact/milton-keynes-office/>

01908 787900

Family Law - Milton Keynes

Milton Keynes Family Law covers all areas of Family Law Legal Services including Divorce & Separation, Child Arrangements, Matrimonial Finance & Property, Mediation and Legal Aid where available.

<https://www.milton-keynes.gov.uk/children-young-people-families/early-help/strengthening-families/family-law>

01908 253519

01908 257992

Cultural Diversity

EMASS

EMA network staff are experienced in supporting BME and EAL children and young people, including those of Gypsy, Roma and Traveller origin. They have the skills and up-to-date knowledge to act as experts for settings and schools.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/ethnic-minority-achievement>

01908 254976

MK Language Service

MK Language Service provides professional and confidential interpretation and translation services with qualified and skilled interpreters who have experience of health and social care requirements.

<https://www.milton-keynes.gov.uk/your-council-and-elections/interpreting-and-translation-service/milton-keynes-language-service>

01908 253253

Red Cross

We help refugees and asylum seekers access essential services and adapt to life in a new country.

They help prepare people for natural disasters.

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

0344 871 11 11

Thames Valley Refugee Support Helpline: 0300 333 5393

Sanctuary Hosting

Sanctuary Hosting finds short to long term hosting placements for destitute migrants and refugees.

<http://sanctuaryhosting.org/about-us/>

07818 555986

Parenting Interventions

Children Centres and Family Centres

Offer support for families across 17 Children's Centres offering a range of services for families with children from 0 to 5 years old, as well as for expectant parents. Three of these centres have been further developed as Family Centres offering a wider range of services for the whole family, including older children and grandparents. We have three day nurseries that link with our centres

<https://www.milton-keynes.gov.uk/children-young-people-families/early-years-and-childcare/children-s-centres>

01908 253338

Our local children's centre is Saplings Children's Centre -
<http://www.knowlesnursery.co.uk/saplings-childrens-centre>

01908 378123

MK Children's contact Centre

A Child Contact Centre is a safe, friendly and neutral place, where children of separated families can spend time with one or both parents and when appropriate, other family members. It is a child centre environment that puts the needs of the children first.

<http://www.mkcontactcentre.org/>

07591 928588

Bletchley and Fenny Stratford Town Council

Bletchley and Fenny Stratford Town Council represents over 13,300 electors. We celebrate our local diversity. Our Councillors aim to provide services and community projects which meet the differing needs in our area. The Council also acts as an advocate for local people.

<https://www.bletchleyfennystratford-tc.gov.uk/default.aspx>

Bletchley and Fenny Stratford: 01908 649 469

Spotlight Lakes Estate: 01908 644 941

Newton Leys: 01908 379 909

Public Health

The Public Health Team works to prevent disease and injury by promoting healthy lifestyles among those who live and work in Milton Keynes. They provide services, advice and information to the public, health and social care staff and local leaders to ensure that children have a good start in life and adults live and age well.

<https://www.milton-keynes.gov.uk/social-care-and-health/public-health>

01908 252026

Home to School Transport Team

Parents and carers have a legal duty and a responsibility to ensure that their children attend school regularly and to make any necessary arrangements to ensure that they attend. In certain circumstances the Council has a duty to provide free home to school transport.

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/information-for-parents/home-to-school-transport>

01908 252526

Support for Families and Friends of Prisoners

Get support and advice if you know someone in prison.

The Offenders' Families Helpline

Telephone: 0808 808 2003

Helpline for Prisoners' Families

Telephone: 0808 808 3444