



northorpe hall
CHILD + FAMILY TRUST

AT A GLANCE

Are you looking to support the parents and carers in your school?

Do the parents and carers in your school need support to help their child with their mental health and wellbeing?

COSTS

Schools can purchase credits which they can use to create a bespoke menu of support for the parents and carers in their school.

40 credits £1100 (plus VAT)

Additional credits are available in blocks of 10.

Info session: 4 credits
1:1 support: 1 credit
Chill N' Chat: 2 credits

GET IN TOUCH

Helen Parker
 01924 492183
 helen.parker@northorpehall.co.uk

Northorpe Hall Parent/Carer Support Worker



Individual School Offer

Northorpe Hall Parent/Carer Support Workers (PCSW) offer quick, responsive and easily accessible support to parents and carers, providing them with a trusted person who can listen and signpost to wider support as well as provide information to better understand and support their children's emotional and mental wellbeing.

Our unique PCSW offer will enable you to offer support to parents/carers in your school. The PCSW offer provides a listening service, signposting and offering advice and support through the following virtual opportunities:

- **Information sessions** on a variety of topics, especially around emotional wellbeing and mental health on the subjects of behaviour, anxiety, self-esteem, sleep etc. These are delivered online via TEAMS and are interactive to allow parents and carers to ask questions. Each session is 1.5 hours with a maximum number of 20 parents/carers per session.
- **1:1 support appointments** either on TEAMS or over the telephone for parents/carers to discuss concerns. Appointments are 20 minutes each.
- **Chill N' Chat** – online peer support group facilitated by Northorpe Hall to sustain parent/carer wellbeing. These are 45 minutes with a maximum of 20 parents/carers.

Illustrative use of 40 credits:

| | |
|---------------------------------|------------|
| 4 x online information sessions | 16 credits |
| 20 x 1-1 support sessions | 20 credits |
| 2 x Chill N Chat sessions | 4 credits |

Online Curriculum

Introduction to Children and Young People's Mental Health

Provides a general overview of good mental health and resources to support poor mental health.

Maintaining Positive Emotional Wellbeing

Looking at self-care to enhance our sense of positive well-being.

Positive Communication and Attachment

Understanding the importance of how we talk and interact with young people to minimise communication breakdown.

Scaffolding Self-Esteem

Low self-esteem can have a massive impact on emotional and mental wellbeing, so this session provides tips in building confidence and a growth mindset.

Supporting Sleep

Understanding the science of sleep, challenges faced due to lack of sleep and suggestions on how to improve our sleep.

The Impact of the Digital Age on Mental Wellbeing

Information on how to keep our CYP safe using the internet and social media to avoid the potential of a negative impact emotionally and mentally.

The Teenage Brain

Information on the changes which occur in teenagers and how we can support them constructively through this time.

Understanding and Supporting Anxiety

Information about what anxiety is and resources to support manage anxiety when this becomes overwhelming.

Understanding Behaviour as Communication

A brief overview of why children may behave the way they do.

Introduction to Self-Harm

Information on how to support young people who use self-harm as a coping mechanism.

Autism Awareness

To raise awareness of Autistic Spectrum Conditions to develop an understanding of traits and characteristics.

ADHD Awareness

To raise awareness of ADHD to develop an understanding of traits and characteristics.

We also offer workshops for specific times of year Supporting SATs, Exam stress and Transition. Bespoke session can be created at an additional cost.