



northorpe hall  
CHILD + FAMILY TRUST

### AT A GLANCE

**Are you looking to support the parents and carers in your multi-academy trust?**

**Do the parents and carers in your multi-academy trust need support to help their child with their mental health and wellbeing?**

### COSTS

Multi Academy Trusts can purchase credits which they can use to create a bespoke menu of support for their parents and carers across the schools in their MAT.

**60 credits £1650** (plus VAT)

Info session: 4 credits

1:1 support: 1 credit


Chill N' Chat: 2 credits

*Additional credits can be purchased in blocks of 10.*

### GET IN TOUCH

 Helen Parker

 01924 492183

 helen.parker@northorpehall.co.uk

## Northorpe Hall Parent/Carer Support Worker



## Multi Academy Trust 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 across all schools in your MAT, regardless of where they are situated.

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/carers wellbeing. These are 45 minutes with a maximum of 20 parents/carers.

Illustrative use of 60 credits:

6 x online information sessions	24 credits
30 x 1-1 support sessions	30 credits
3 x Chill N Chat sessions	6 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.**

## **Testimonial**

*I cannot stress enough the hugely positive impact this work has had on our school, our parents and thus the wider community. We have been extremely fortunate that we have been able to work alongside some experienced and highly-skilled Parent & Community workers from Northorpe Hall, who have supported a wide range of parents at school. This support has been invaluable.*

Matthew Bradbury, Deputy Head at St John's Golcar, Huddersfield