# Our School Family Workers have helped families, children and young people to:

- Feel more confident
- Be more resilient, able to cope with difficult situations
- Improve attendance
- Be happier in school and also at home
- Become more organised
- Manage anger
- Build better relationships

### Your issues may be varied, for example:

- Changing schools
- Communicating with your child
- General routines (bedtime, eating, sleep)
- Managing challenging behaviour
- Bullying
- Lone parenting
- Finding time for yourself
- Wellbeing for you and your family
- Financial





#### Schools we work with:

#### **Hemel Hempstead**

#### **Berkhamsted**

Ashlyns, Bridgewater, Greenway, Great Gaddesden, Little Gaddesden, Potten End, St Mary's, St Thomas More, \*Thomas Coram, Swing Gate, Victoria, Westfield

#### **Tring**

\*Aldbury, \*Bishop Wood, \*Dundale, Goldfield, \*Grove Road, Long Marston, \*St Bartholomew's, \*Tring

\*Signposting Service only



Free,
Confidential
Advice and
Support
Service for Local
Families

#### What we offer

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/online
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- SEND advice & signposting
- Wellbeing advice for children and young people



#### **School Family Worker**

A personal and confidential service that addresses any needs or concerns raised by the family and school



### A rolling programme of workshops is offered throughout the year:

- Applying and Moving on to Secondary School
- Anxiety and Attendance
- Helping your child with their anger
- Promoting healthy sleep for your child
- Helping your child with their worries

Workshops are held online and also in person.





#### How to access help

Please contact your school directly to request a meeting with a School Family Worker or alternatively please contact us on the number below or follow the link to our website referral form to request support/and or advice

## What families have said about us

"Understanding and compassionate, but offering practical support"

"I feel so empowered when I leave our meetings"

"It was extremely useful to talk these things through"

"Thank you for the great tips"

Dacorum Family Services North & East c/o Hobbs Hill Wood Primary School Office: 01442 401222 Ext 5 https://dacorumfamilyservices.org.uk/contact-us/

