

Strengthening Schools



**Support interventions for
children and families**

Father
Hudson's
Care

About us

Our aim is to improve the life chances of children and we do this by supporting their well being and addressing the impact of adversity within the home. We work to improve children's attendance, behaviour, self esteem, and confidence and overcome obstacles to learning.

We undertake home visits to support families with issues arising from housing, benefits, parents' physical and mental health, neglect and parenting. Safeguarding a child is always our first priority. We have a high level of success in enabling change through our caring and supportive approach.

“ Families know that they have someone to turn to who can help them navigate through their challenges and this in turn strengthens their relationship with school and leads to better outcomes for their children.”

Bernie O'Driscoll, Teacher SENCo and DSP, Birmingham

“ Father Hudson's staff are highly trained and extremely efficient in working with outside agencies, supporting staff and taking a lead in all areas of safeguarding issues and concerns within school.”

Rosanna Snee, Headteacher, Stoke-on-Trent

Interventions

Safeguarding support

Where a family is involved with Social Services, we can work with the family to address the areas that are causing concern, while keeping a child's safety our highest priority.

We offer guidance around signs of abuse and neglect, making a safeguarding referral to your Local Authority, and navigating the assessment process.

Our staff can act as the lead professional for Early Help cases.

Attendance and behaviour

Through one-to-one support and home visiting we can address the underlying issues and work with children and parents to improve attendance and behaviour at school.

Solution-focused practice

This approach enables families to be clear on what they want to achieve and to overcome barriers to meeting their goals.

It is particularly successful at helping families and children who are stuck.

Safeguarding in Primary Schools



NSPCC underwear rule

Children aged 4-11 are taught the NSPCC Underwear Rule, with resources aimed at younger children around body parts, appropriate and inappropriate touching and who they can tell if they are upset or worried.

Protective Behaviours

Aimed at primary school children, this course provides a framework for personal safety, self esteem, resilience and confidence building. The course explores the children's understanding of unwritten rules and their feelings, thoughts and behaviour.

There are two themes that are the basis for the group course:

Theme 1: We all have the right to feel safe all the time.

Theme 2: There is nothing so awful that we can't talk about it with someone.

Ms Cutler was absolutely brilliant, I loved being in the sessions with her and the group

I understand what to do in certain situations

Feedback from ten-year-olds

Safeguarding in Secondary Schools

We offer one-to-one or group support to those who are at risk of, or have experienced, Child Sexual Exploitation (CSE) or grooming. We cover:

- Risky behaviour
- Online safety awareness and social media
- Healthy and unhealthy relationships

We can support young people to access counselling and specialist support services. Through our one-to-one support we promote children's emotional resilience and address concerns such as low self esteem, confidence, impact of domestic abuse, and self harm.

Expect Respect

women's aid
until women & children are safe

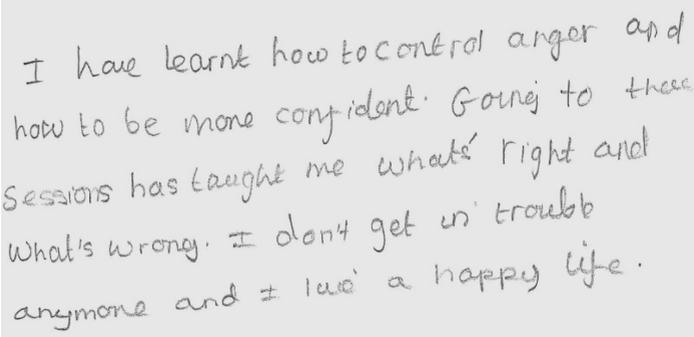
This toolkit has six lesson plans designed by Women's Aid to change attitudes, beliefs and behaviour around domestic abuse. The lessons look at:

- Gender roles and stereotypes
- Keeping secrets
- Resolving conflict and where to go for help
- Violence, excuses and responsibility

Super Skills for Life

A CBT-based eight-week group work programme

Through an evidence-based intervention developed by Professor Cecilia Essau at Roehampton University to target children's anxiety, children learn techniques to manage their fears, increase their confidence and improve their social skills.



I have learnt how to control anger and how to be more confident. Going to these sessions has taught me what's right and what's wrong. I don't get in trouble anymore and I love a happy life.

Feedback from Year 6 child

Transition support

We guide Year 6 pupils in their transition between primary and secondary school. We help children understand the differences between primary and secondary school, address any fears or worries they have about the transition and let them know who to go to if they experience difficulties.

When supporting schools across a MAC or feeder and secondary schools we can provide ongoing support during the transition, and attend open days so that pupils have a familiar face in their new school.

Managing Behaviour for parents/carers

- Positive parenting and family activities
- Rules, boundaries and routines
- Anger management
- Child needs: anxiety and low self esteem
- Family relationships: attachment, bereavement and parental separation
- Parenting skills: workshops or one-to-one support using, for example, the Triple P framework or Family Links parenting programme



Not just informative, but having ideas and stories from other parents really boosted my confidence. I have a happier home because of it.

Parent attending parenting course, Newcastle-under-Lyme

If you are interested in the support interventions we offer please get in touch

Contact us

Rita Nag, Family Support Service Manager
Father Hudson's Care,
St George's House,
Gerards Way,
Coleshill,
Birmingham B46 3FG

Telephone: 01675 434041, 07785 615324

Email: ritanag@fatherhudsons.org.uk

Website: www.fatherhudsons.org.uk



Reaching out to provide social care in the Catholic Archdiocese of Birmingham

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Father Hudson's Care is a working name of Father Hudson's Society.