

Welcome to this week's SMRT safeguarding update...

WAKE UP WEDNESDAY

Wake up Wednesday: Family Focus

Families are important to St Mary Redcliffe & Temple School and play a vital role in their child's education, providing the foundation not just for academic success but also personal growth. Supportive family members encourage a love of learning, set expectations, and create a positive environment for studying. When families are involved in their children's education, it enhances not only academic achievement but also boosts self-confidence and fosters a sense of responsibility, helping children thrive both in school and beyond.

At St Mary Redcliffe & Temple School, support can be offered to families via the pastoral teams in each year group, as well as through the safeguarding and mental health leads at the school. Support may look like signposting, offering advice regarding a student's education and wellbeing or support with making any relevant referrals.

We are aware that families come in many different forms, each unique in its make-up and dynamic and understand that extended families often offer a broader support network. We also recognise that sometimes families are formed through fostering, adoption and kinship arrangements.

We believe that God sees the heart of every family and desires for each to thrive in His love and peace. From the beginning, He created families to be a source of strength, support, and unity. In moments of joy and hardship, He is with us, offering His guidance, comfort, and provision. Jesus reflects this same love for humanity, comparing Himself to a hen who gathers her chicks, offering comfort and protection (Matthew 23:37).

Within families, faith is nurtured and passed down, creating firm foundations for a life-long faith. Scripture emphasises the importance of passing on the ways we have followed and loved God to our children (Deuteronomy 6:5-7).

If you're wondering, "How can we best live out our faith within our families?"—you're not alone. Many parents share this desire to nurture faith within their homes.

Care for the Family offers valuable resources and support to help with this journey.

Learn more [here](#).

There is also a range of external support available to families across Bristol

SIPCO – To support with interparental conflict

<https://relationshipsmatter.org.uk/>

<https://relationshipsmatter.org.uk/further-info/>

Who is this for? Parents with a child age 8-14 years Parents who may be experiencing challenges with co-parents or extended family members. (This might include arguing, shouting, silent treatment, avoiding, unhappy feelings, disagreements about parenting, stress, looking after a child with SEND) This list gives some examples but is not exhaustive.

NEXT LINK – To support those suffering from domestic abuse

Next Link operates local domestic abuse support services in South and North Bristol and a specialist advice service for anyone worried about forced marriage.

<https://nextlinkhousing.co.uk/>

Off The Record family courses –

Support from Off the Record is primarily for young people; however, from time to time we offer support to parents or carers in the form of groups or workshops. The work we do with young people is completely separate and confidential.

[Support for Parents & Carers](#)

Family Hubs

<https://www.bristol.gov.uk/bristol-family-hubs>

What Family Hubs are

Family Hubs offer information, advice and help to all families in Bristol. They run activities and support you and your family to access services and information both at our Family Hub centres and online.

This means you only need to go to one place for information, professionals will work together to give you advice and you only need to explain what you need help with once.

Who can use Family Hubs

Everybody is welcome at a Family Hub. You can use Family Hubs if you live in Bristol and you're expecting a baby, a family with children aged from 0 to 19 or a family with a child or young person aged up to 25 with special educational needs and disabilities (SEND).

Family Hub Navigators

We have [Family Hub Navigators](#) to help you and your family find activities or support and the right services that match your needs.

What Family Hubs can help with

Family Hubs can give you [help and support](#) about anything relating to you and your family.

FREE VIRTUAL PARENTING COURSE OFFER

A new and FREE online parenting course resource has just launched for every family in Bristol! To make your account visit the Bristol Family Hubs [website](#). You will only need your postcode and the code “GROWING” will enable you to access all the learning on offer.

All parents and carers can access a range of online courses to help understand their children's feelings better and how they can best support their children through the years as they develop and grow.

The courses cover a range of topics to support parents and carers through all stages of a child's development including:

- Pregnancy and post-pregnancy support
- How to understand your child mental health
- Help for understanding relationships
- Support for children with additional needs

There are also courses for teenagers to help them understand their mental health and feelings.

Families in Focus

What Families in Focus is, who can get help from Families in Focus, how to get help.

What Families in Focus is

Families in Focus supports families and children aged 0 to 18 years who need intensive and co-ordinated help and support to meet their needs.

Families in Focus works with children and families with multiple needs or whose needs are more complex, such as families:

- struggling with parenting and child behaviours, such as anxiety or violent outbursts
- who live with physical or mental health difficulties which have a significant impact on their wellbeing
- where children are at risk of exploitation
- living with drug and alcohol misuse
- affected by domestic abuse

Who can get help from Families in Focus

If your family or child has had [early help support](#) which hasn't met your needs, you may be able to get more support from Families in Focus.

To get help from Families in Focus, you must agree to:

- working with a range of services specific to identified need
- accept support
- work collaboratively with professionals

How to get help

Talk to the professional who's been helping you. They'll do a [First Assessment Service referral](#) for you, requesting a Families in Focus response.

You can also refer yourself to Families in Focus by calling First Response on 0117 903 6444.

How Families in Focus work with families

Families in Focus allocate a lead professional for each family they support. This will be a Family Worker or a Strengthening Families Keyworker, depending on your need.

Parenting courses

The Families in Focus parenting specialists provide parenting courses which support parents with children aged 3 to 17.

The parenting courses are based on principles of participation and collaboration. Parents tell us they learn a lot from others facing similar challenges and enjoy the support a group can offer.

All courses are free, and you can refer yourself.

You can also do parenting courses at Bristol's Children's Centres, including antenatal courses and shorter parenting courses. To express an interest in these courses, visit your local [Children's Centre](#).

CAMHS

<https://www.awp.nhs.uk/camhs/camhs-services/camhs-locality>

Child and Adolescent Mental Health Services (CAMHS) is an NHS service that helps children and young people under the age of 18 years. Part of the service they provide can include family therapy when addressing the needs of young people in the community.

There are five locality CAMHS teams based across Bristol, North Somerset and South Gloucestershire. You will see the team that is affiliated to your GP surgery.

They provide assessment and support to children, young people and their families who are experiencing moderate to severe mental health difficulties.

Support for Inter-Parental Conflict (SIPCo) A Project to Improve Parents' Relationships



FREE
support
programme
available for
parents in
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

Please contact Gina Pazienza:



relationshipsmatter@bristol.gov.uk



07721 635376



<https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.

**Scan QR code to
find out more**



TAVISTOCK
RELATIONSHIPS
Improving Lives for Generations

**Sheffield
Hallam
University**





Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free
groups for
adults run
by Bristol
Children's
Centres

Scan here
to find out
more and
register your
interest!



Your parenting
toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find
the best group option for you.



South Bristol
Children's Centres

As always, if you have any immediate concerns about safeguarding issues, students, or the school site, please get in touch via:

safeguarding@smrt.bristol.sch.uk