



A Parental Guide to Support Services at St Thomas' CE Primary School Heaton Chapel



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

This booklet contains information regarding the services available to our school in order to refer our families for emotional support (SEMH), therapeutic support or special educational needs.

Not all services have the same criteria for assessment or referral. For example Children's therapy services will only see children who have a Stockport GP.

Similarly with waiting lists, the time it takes for a child to be seen will vary depending on which agencies have been contacted and their current workload. For example this can range between six months and two years.

This guide lists as much of the support available, but please be aware that it is a constantly changing document due to funding and need.

In all instances it is best practice to speak to your child's teacher before contacting an agency to keep them informed of your worries or concerns. The teacher can then direct you to a professional in school such as the SENDco, safeguarding lead or mental health support worker.

School's telephone number is

0161 432 6809

Ms Loynes Headteacher



Aiming High Short Breaks Service



The Aiming High Short Breaks Team is a service within Stockport Family which provides a range of activities for children and young people with disabilities and additional needs, from aged 5 up to their 18th birthday. Their programme of provisions includes a number of fully supported activities including group based, day trips and play schemes.

Who can access this service? Your child must:

- Be a resident of Stockport
- Must be under 18 years of age
- Must have a recently updated Early Help Assessment (EHA)
- Have a diagnosed disability - this service does not work with children with Attachment or Emotional/Behavioural conditions.
- Your child is unable to access mainstream activities

How does my child access this service? The EHA form is submitted to the children and young people's disability partnership and the short breaks team will post a letter with information about potential activities your child could access.

Who can I contact with about this service? You can email the Aiming Team: aiming.high.team@stockport.gov.uk



Autisk

Supporting people with Autism, Anxiety and other Disabilities / Learning Difficulties.

Autisk is a constituted support community group offering social groups, workshops, advice and signposting to families who have children with additional needs.

They have a fully functional sensory room that can be accessed for free via their social groups and it is also open to use every Wednesday 11.30am-2pm. They welcome families from all areas of Stockport and surrounding areas. No diagnosis is needed to access services.

The Autism Team

The autism team aims to reduce stress on families by providing support to ensure effective practice is shared between school and home. The Special Autism Team will build support between school and home and will plan a behaviour management programme to deliver strategies, both in the home and at school.

The team will also offer parent support: This will be in the form of telephone conversations, home or school visits or through monthly parent support groups that will have specially invited speakers.

The team of Autism specialists will help you, your family and your child with any specific problems, concerns or difficulties being experienced in school or at home. The Autism Team only works with children and young people and their families who:

- Are aged 5-15
- Are resident in Stockport
- Have been diagnosed with an Autistic Spectrum Condition
- Attend a mainstream school

Cheryl Knupfer- Service Manager Telephone 0161 474 255
cheryl.knupfer@stockport.gov.uk

FB: Stockport Autism Team



Beacon Counselling

Beacon counselling has a track record of improving the mental health and well-being of the community supporting their personal development and helping them to engage better in their education and work. A person's wellbeing is always their top priority. They are passionate about tackling the root causes of issues and providing an outstanding service which builds resilience in people rather than a quick fix which will result in issues resurfacing. emailto:admin@beacon-counselling.org.uk

Please note this is a paid for service.

Behaviour Support Service

The behaviour support service support schools in identifying the specific needs of pupils who present with emotional and behavioural difficulties, assisting schools in managing children who present a range of emotional and behavioural difficulties. They support Headteachers and senior managers in the development of effective whole school policy and practice in relation to behaviour. Provide high quality training to school staff and parents in areas that will support children with SEBD achieve both academically and socially. Through good working practice, increase the range of strategies and interventions used by mainstream teachers. Support parents and carers in working with their children and their schools. With the aims above in mind they work with children at all stages of the special needs code of practice, a great deal of their work focusing on early prevention and intervention.

At the Primary level, the school and service work together as one provision to ensure support for pupils in mainstream schools and within Oakgrove school. They continually monitor overall and individual needs to ensure pupils are appropriately included in a placement that best fits their requirements, whether that be in mainstream or a more specialist setting. 0161 437 4956



Stockport CAMHS

CAMHS offer specialist services to children and young people who are experiencing mental health and emotional wellbeing difficulties. We also provide support to families.

Some of the problems we can help with include:

- Anxiety
- Depression
- Psychosis

- Self-harm
- ADHD (Attention Deficit Hyperactivity Disorder)
- ASD (Autistic Spectrum Disorder)
- More complex psychological difficulties

They also provide consultation and advice to other agencies.

Their team includes child and adolescent psychiatrists, mental health practitioners, clinical psychologists and child psychotherapists.

All referrals need to come via the Stockport Multi Agency Safeguarding and Support Hub (MASSH) early help offer. Contact number: [0161 217 6028](tel:01612176028)

Children's Therapy Services

The Children's Therapy service provides assessment, diagnosis, advice and treatment for children with a range of speech, language, communication, OT and physiotherapy services. Treatment may be offered on an individual or group basis or through programmes of advice. The NHS service is for children with a Stockport GP up to the age of 16 years. Your child will work with a member of the speech and language therapy team who has the necessary skills, qualifications and experience to manage your child's speech and language problems, whatever their level of difficulty. If you would like to speak directly with the Speech and Language Therapy Services, you can contact the team on **0161 204 4153** to discuss the specific needs of your child. Parents can refer children directly themselves if needed by calling the Speech & Language Therapy Service although the service may ask for supporting information from school/nursery or other health care professionals before accepting a referral. In school contact your child's teacher for further information.

There is an 18 week waiting list for these services.

Educational Psychology

The psychology service is for Stockport children and young people in partnership with parents, carers, and professionals. The service applies psychological theory and practice to enhance the learning, development and wellbeing of all children and young people. They prioritise our work with the youngest, the neediest and the most vulnerable children and their families. They specialise in working with complexity. They know that working with, valuing, and supporting the adults in the children's lives achieves the best results. Child and educational psychologists in Stockport are highly qualified professionals who have a degree in psychology. They also have a post graduate teaching qualification and either a master's degree in educational psychology or a doctorate. Stockport's child and educational psychologists are all registered with the Health and Care Professions Council (HCPC). It's a regulatory body which sets National Standards for all our training, practice and continuing professional development. The psychologists are all full members of the Association of Educational Psychologists. Many psychologists in Stockport have chartered status, via the British Psychological Society. You can get in touch by calling **0161 474 3870** or emailing C&YPPsychology@stockport.gov.uk.

Education Welfare officer

It is well known that missing school for any reason can cause a child to fall behind in their learning. Sometimes children also find it difficult to settle back into school after a break. In the longer term, evidence shows that reduced levels of attendance are likely to affect the progress of any child, whatever their needs or ability, and can also result in lower levels of qualifications being achieved. We're committed to raising the levels of achievement for all children and young people and to ensuring that all children get the maximum benefit from their time at school. For these reasons, the Council strongly encourages parents to take holidays (or trips away from home for any other reason) during the school holidays, rather than during term time. As schools are closed for 13 weeks a year it should not normally be necessary for children to miss school for these reasons. Leave of absence for any reason should only be requested in the most exceptional circumstances. For more information contact us on **0161 474 2300** or email education.welfare@stockport.gov.uk



Ethnic Diversity service - EDS

The EDS are a team of specialist Ethnic Minority Achievement (EMA) teachers and Bilingual Assistants who support EAL learners in schools, mainly in class but sometimes in small groups or 1:1. EDS works in partnership with schools and other services by offering support, advice and guidance on how to best meet the needs of EAL learners and their families. If a school identifies an EAL learner who may benefit from support, then the school can complete a referral form which triggers off an initial assessment conducted by EDS. The outcome of the assessment may be the provision of a specialist EMA teacher and/or Bilingual Assistant or it may be advice, guidance and training for the school. Once support is in place, EDS works in collaboration with the school and any other practitioners to monitor the learner's progress and ensure that the support is appropriate and effective. EDS can also conduct first language assessments to help give a broader view of a learner's first language development. In addition to language support, EDS also offers advice and support to schools, services and families around culture and/or faith to promote understanding and trust, and to foster good relationships. The Stockport Interpreting Unit, which is part of the Ethnic Diversity, provides interpreting and translation services in a range of languages to facilitate communication between parents, families, schools and other practitioners.

Please contact your child's teacher for further information.

Health Visitor Team- Heaton and Tame Valley

The Health Visiting Service aims to promote good health and wellbeing by working with parents before the birth of their baby as well as children under five years old and their family.

The Service is offered by a team consisting of: Health Visitors - registered nurses with additional specialist training and experience, community Staff Nurses - qualified registered nurses. Early Years Workers - qualified in childcare and child development. The Stockport Health Visiting Service is part of a wider integrated children's service called Stockport Family. This service includes school nursing, early help and social care services. They also work closely with other partners such as GPs, midwives and schools. They offer every family the Healthy Child Programme, child development assessments, referral into other services, supportive interventions and information. This may be at home, clinic or children's centre. The health visiting service aims to promote good health and wellbeing by working with children under five years old and their families.

You can contact the health visiting team on 0161 835 6789



Inclusion

Stockport Inclusion Team are a team of highly qualified and experienced teachers who support children and young people with complex needs in Nurse, Primary, secondary and Special schools.

How do they help?

- This Team provide specialist support and advice to school staff - This may be through observation, consultation or modelling best practice to staff in the classroom.
- Work with the multi- agency teams within the Local Authority to support pupils.
- Support the parents and carers of this group of pupils
- Deliver training to school staff throughout the local Authority.

The Service aims to ensure that these children receive the appropriate support which will enable them to achieve their full potential in their future lives. Their focus is on the journey of the complex child and supporting schools to build capacity or inclusion. The professional linked to our school is Jill Breden. Contact mary.dodge@stockport.gov.uk 0161 474 4396

Please see your child's teacher for further information.



Link Social worker

We have (as every school in Stockport does), a link social worker. They come to our Team Around the School meetings and offer advice and can/may suggest pathways for support. Our link social workers are Claire Aselford and Rosie Broadbent. Please contact your child's teacher for more information.





Learning Support Service (LSS)

The LSS are an experienced teaching team who are specialist practitioners in helping schools to meet the needs of children and young people with special educational needs and disabilities (SEND).

Their packages of support provide quality advice, training, and intervention guidance, as well as assessment and direct work with children and young people.

Teachers in the Service are friendly, approachable and committed to maximising the learning outcomes for the pupils they teach. They have developed areas of expertise in working to support pupils with general learning difficulties, low self-esteem and dyslexia.

The LSS also have a qualified team who train and provide advice and guidance for existing and aspiring Special Needs Co-ordinators (SENCOs).

Their aim is to help schools to build and improve their SEND provision by providing an excellent educational service that works in partnership with school, the staff, young people and their families.

Please see your child's teacher for further information.

E-mail: lss.reception@stockport.gov.uk

Website Link: <http://www.stockport.gov.uk>

MASSH: Multi Agency Safeguarding and Support Hub



The Multi-Agency Safeguarding and Support Hub (MASSH) is the single point of contact for:

- Support and Advice, including SEND support, early help advice and non-urgent emotional wellbeing & mental health needs.
- Safeguarding referrals to protect children, young people or adults from harm, abuse or neglect.

What services form Stockport's MASSH?

- Stockport Family Children's Social Care
- Stockport Family Early Help

- Greater Manchester Police
- Pennine Care
- Health
- Education Welfare
- Stockport Homes
- Stockport Family Missing From Home Hub

Anyone can make a referral and/or request advice from the MASSH including:

- Self-referral by a young person
- Parents and carers
- All health professionals
- All social care professionals
- Education professionals
- Police
- Anyone who works or comes into contact with a young person

Referrals made by professional

The best way to contact the MASSH is through the [online form](#) so the MASSH can gather all the information we need, however you can also contact the MASSH on **0161 217 6028**.

- select **option 1** to tell us about a concern about a child's welfare
- select **option 2** to request support and/or advice about early help, SEND (Special Educational Needs and Disabilities), emotional wellbeing/mental health support for a child

Referral by members of the public

If you're a member of the public who has a concern about a child's welfare, you should ring **0161 217 6028**, select option 1.

If you are a parent or carer seeking support and/or advice about early help, SEND, emotional wellbeing/mental health support for your child, you should ring **0161 217 6028**, select option 2.

Consent

Any professional making a referral on behalf of a young person must gain the consent of the young person's parent or person with parental responsibility or from the child/young person, where appropriate. It is the responsibility of the professional making the referral that they check with the parent and/or young person that they agree for their information to be shared with MASSH services, as required and appropriate. Please reassure them that the process for sharing information is safe and secure.

Information without consent will only be accepted by the MASSH if the information being shared is of an immediate safeguarding concern and that accessing consent may increase the risk of harm and/or delay for the child/young person.

What happens when information is received by the MASSH?

Stockport's MASSH will respond to referrals and notifications requesting support and/or safeguarding needs for a child. For some children and young people there may be a need for the MASSH need to consider the safety and welfare of the child due to the nature of the referral, a social work team within the MASSH leads such enquiries.

For referrals requesting or identifying non-urgent support for children and families relating to early help, SEND, emotional wellbeing/mental health onwards enquiries are led for the early help team within the MASSH.



Mosaic

MOSAIC is a specialist drug and alcohol service based in the centre of Stockport within Stockport Family. They provide a range of interventions to young people, families and communities to prevent and reduce substance related harm and to promote recovery. The teams operating within MOSAIC include a specialist treatment and medical team, a dedicated family team, a school based team and a team specialising in sex and relationships education. Young people accessing the service will be allocated a key worker offering one to one support and therapeutic interventions to aid recovery. They offer group sessions including smart recovery, acupuncture, peer mentoring and dog walking. mosaic@stockport.gov.uk 0161 218 1100

Parenting Team - Stockport

parentingteam@stockport.nhs.uk are a small team of specialist Parenting Practitioners passionate about their work. They support parents and carers to understand the emotional and behavioural difficulties their child may be experiencing in order to improve parent-child relationships and family harmony.

They deliver the **Incredible Years programme** for parents. This is a 14 week course which promotes children's emotional, social and academic competence, and prevents, reduces and treats behavioural and emotional problems in young children.

The 10 week **From Timid to Tiger course** supports parents to understand children's anxious behaviours and how to help develop confidence and achieve a reduction in worrying behaviours

and thoughts in their child. An online self-directed study course for parents is available called **Understanding your Child**. This flexible programme is comprised of 11 modules covering for example: relationships, child development, attachment, behaviours, communication and understanding. Parents tell us that the courses are fun, informative and most of all they work!

WORKSHOPS/SEMINARS

They also offer a 5 hour **Sleep workshop** for parents where a behavioural cause has been identified for the disruption, and a shorter 2 hour virtual **Sleep seminar**. These focus on improving sleep hygiene and creating achievable bedtime routines.



Primary Jigsaw

Our purpose is to improve the emotional health and wellbeing of those children experiencing difficulties. We offer support to the child, school and family.

We can help with

- Self esteem
- How to feel good
- Confidence building
- Understanding and dealing with emotions
- Coping with loss and separation
- Social skills
- Problematic mood regulation
- Cognitive behavioural skills

Primary Jigsaw is a service that is becoming smaller and smaller each year.

Referral is via a form that has to be signed by parents.

The children must be in a Stockport school, but don't have to live in Stockport.

School can refer to the parenting anxious children course, a ten week course for parents.

<https://www.behavioursupportservice.co.uk/training/>

Please speak to your child's teacher for more information.



Restorative Approaches

What is a Restorative Approach?

Restorative practice is a term used to describe a way of being, an underpinning ethos, which enables us to build and maintain healthy **relationships**, resolve difficulties and repair harm when **relationships** breakdown.

Restorative approaches are value-based and needs-led.

They can be seen as part of a broader ethos or culture that identifies strong, mutually respectful **relationships** and a cohesive community and the foundations on which good teaching and learning can flourish. In such a community, young people are given a lot of responsibility for decision-making on issues that affect their lives, their learning and their experiences of school.

Why do we use a Restorative Approach at school?

A safer, more caring environment.

A more effective teaching and learning environment.

A greater commitment by everyone to taking the time to listen to one another.

A reduction in bullying and other interpersonal conflicts.

A greater awareness of the importance of connectedness to young people.

The need to belong and feel valued by peers and significant adults.

Greater emphasis on responses to inappropriate behaviour that seek to reconnect, and not further disconnect, young people.

Reductions in fixed term and permanent exclusions.

A greater confidence in the staff team to deal with challenging situations.

An increased belief in the ability of young people to take responsibility for their choices, and more people giving them opportunities to do so.

If you would like any further information on restorative approaches, please contact Emma Boardman or your child's class teacher.



School age Plus Worker



Every school in Stockport has a school aged plus worker. They work as part of the Stockport family and are the gap between school and home. We can ask our school aged plus worker, Kathy Howarth, to intervene if we believe there is a role for him in supporting our children and their families with behaviour issues, health concerns, or general parenting. Kathy can refer to parenting courses, and she has completed some drop -in sessions in school.

School Nursing Team

Stockport's Special School Nursing Team is a universal service, accessible to all backgrounds and communities and is crucial, to the delivery of improved health and well-being for children and young people. The role of the school nurse is wide ranging but they offer confidential advice and guidance on a range of issues including: Nutrition, Exercise, Smoking, Alcohol, Mental Health, Drug abuse, Sexual health, Continence and Night time wetting. In addition, the school nurse provides health promotion and education, enabling and empowering young people to make healthy life choices which affect them not just in school, but throughout their lives. School nurses have a particularly important contribution to make to the development of children with particular needs such as those with disability and additional learning needs.

How can your child Access this Service?

School nurses can be reached via schools, clinics or health centres. Every school has a named school nurse, who aims to increase children's health and well-being enabling children to reach their full potential. The School Nurse can help children with health problems that may affect their ability to learn, or their enjoyment of school. Our school nurse is Helen Flinn. We liaise regularly with Helen as she attends our Team around the School meetings. Please speak to your child's teacher for more information.

0161 835 6077 trust-enquiries@stockport.nhs.uk www.stockport.nhs.uk

SENDco

Ms Wood, our SENDco has a wealth of knowledge on a lot of areas of special need. She is responsible for co-ordinating a variety of support in school such as autism, occupational therapy, specific learning difficulties, speech and language services and some health conditions which can affect academic learning. Ms Wood works with agencies to offer support and advice to teachers, children and their families. If you feel your child has barrier to their learning and is not making progress, she can meet with parents/carers and class teachers to either signpost, advice of next steps, or if appropriate refer to an outside agency.

Ms Wood is also responsible to completing and reviewing EHCPs for the local authority.

www.togethertrust.org.uk/sendiaass

www.stockport.gov.uk/portage-service

www.pactstockport.co.uk

www.rcslt.org/learning/mind-your-words



Sensory Support Service

The Sensory Support Service support children and young people who are deaf or have visual impairment and their families from age 0 - 25 years. The service is staffed by qualified teachers of the deaf and visually impaired and specialist teaching assistants. As well as audiologists, a mobility and orientation officer and a resources technician. Staff are in the main peripatetic, they work in the home, in early years settings including private and voluntary providers. Staff work in schools, maintained and non-maintained, mainstream and special across all key stages and in further education settings. The service provides additionally resourced provision for deaf children who are sign bilingual. This is in close partnership with Thorn Grove Primary School and Castle Hill High School. Service staff also work in hospital settings in partnership doing clinical work.

0161 474 3906 headteacher.sensorysupport@stockport.gov.uk

Signpost Young Carers



Signpost Young Carers Service works with young people aged 6 - 25 years and who live in the Stockport area. Under new legislation young carers now have the right to an assessment of their needs. As part of our support we will talk to you about your caring role and what support may help you and your family. We can offer age appropriate advice, support and activities to help make your life a little bit easier and give you a break from your caring role. Most importantly, we can also help to connect you to other people your age who are in the same boat and understand better than anyone exactly what you're going through.

St Thomas' have been awarded the prestigious bronze award for their commitment to our young carers.

Referral is via a form held in school. There is a strict criteria to meet.

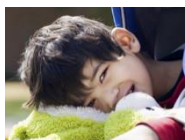
For more information please see Emma Boardman- operational lead or Paul Campen -formal lead.

Signpost can be contacted on 0161 442 0442



Mr Campen Deputy Headteacher Infant Department

Startwell



The Council are implementing a new Start Well approach which will bring together early years services to ensure children have the best possible start in life and are 'school ready'. Working with schools, nurseries, GPs, Private, Voluntary and Independent providers, the Start Well model will further develop the offer for children 0-5 years in Stockport.

The Start Well Coordinators are an integral part of the new model and will work in locality teams alongside health visitors and early years workers, delivering evidence based interventions in a variety of settings including family homes. They will work closely with communities and key partners to ensure earlier identification of need, timely assessments and coordinated packages of support for children and families. Start Well teams will be linked to health centres, Start Well hubs (registered Children's Centres) and satellites.

Facebook: Startwell Stockport

Stockport Local offer

Stockport's *Local Offer* is a directory of services, all on one website. The website has brought together a range of support services and information for children and young people aged 0-25, with Special Educational Needs and Disabilities (SEND).

Some of the services are part of Stockport Family - such as the Autism Team, SEN, Aiming High and the Children with Disabilities Social Care team. You will also find information and advice from other specialist health/Therapy services, all working together to support children and families with Special Educational Needs and/or Disabilities (SEND).

The Aim of the Local Offer is to provide up to date and clear information for children & young people and their families in Stockport who have a child with Special Educational Needs and/or Disabilities (SEND).

Who is the Local Offer website for? Parents and Carers of Children and Young People with Special Educational Needs and/or Disabilities (SEND) aged 0 to 25. The local offer is also a resource for professionals, volunteers and anyone involved in caring for or supporting young people with SEND.

What will you find here? The Local offer provides up to date, jargon free information, about support services for children and young people with SEND.

www.stockport.fsd.org.uk

Stockport without abuse



Stockport Without Abuse are a local charity who offer a range of services to help and support women, men and children who are affected by domestic abuse. Everyone has the right to live their life free from fear, violence and abuse. Sometimes it is difficult to know what is happening and you can feel confused and unsure about whether you are in an abusive relationship and the options available to you. You may feel frightened, humiliated and isolated. We have previously arranged group sessions for children who have experienced or witnessed domestic abuse. If you or a child is the victim of domestic abuse, please contact your child's teacher to discuss. We can access a programme called ME2 in school who work with a group of children to provide support and create a safety plan.



TPA The Prevention Alliance

WHAT IS THE PREVENTION ALLIANCE?

Stockport TPA is here to provide a service to anyone that wants to make change happen in their lives. This might be something like getting some advice or being given contact details, or it might be something that requires a bit more time, like working out a plan of how you want to overcome difficult or overwhelming things in your life that you think will help you to move on.

We provide early support for anyone who is vulnerable due to their health, wellbeing or situation, with the aim of preventing things from getting worse and enabling you to work towards independence, whatever that may look like for you.

It's all about your:

- Physical wellbeing**
- Financial wellbeing**

- Mental wellbeing
- Connection to your community
- Housing situation

Our Keyworkers will coach you to develop your own strengths, relationships and abilities and develop new ones as you work your way towards the kind of life that you want and deserve. Working together we can create lasting, positive change.

To be referred please speak to your child's class teacher.

The Virtual School

The Virtual School aims to ensure that children and young people aged 3 to 18 who are in care receive a "first class education" and offers direct educational support for these children and young people.

The Virtual School is committed to improving outcomes for children and young people aged 3 to 18 years old who are in the care of Stockport Local Authority and attend Stockport schools and out of area schools.

The Virtual School does not replace a child's school, but complements it. The staff of the Virtual School support and challenge each individual's educational provision and progress by working in partnership with all agencies concerned **0161 474 4714** or email virtuelschoolteam@stockport.gov.uk or contact Mr Silk deputy Headteacher- juniors for more information.



Mr Silk Deputy Headteacher Junior Department

Directory

Aiming High

ASD Partnership

Beacon counselling

Behaviour Support service

CAMHS

Children's Therapy services

Educational Psychologist

Education Welfare Officer

Ethnic Diversity Service

Health Visitor Team

Inclusion

Link social worker

Learning support Service

MASSH

Mosaic

Primary Behaviour Support service

Primary Jigsaw

Restorative Approaches

School Aged Plus worker

School Nursing Team

Sensory Support Service

Sendco

Signpost Young Carers

Stockport without Abuse

The prevention Alliance TPA

Virtual School

Additional Resources

Helping parents

Solihull approach

Solihull Online Parenting Courses The following Solihull online parenting courses are now free for residents of Stockport:

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby (0-12 months)
- Understanding your child (0-19 years)
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding your brain (course for teenagers)

Stockport NHS Foundation Trust has now purchased a multi-user licence for these Solihull Approach online courses. The courses above are for anyone playing an active role in a child's life, up until they are 19 - this could be mothers, fathers, partners, carers, professionals of all kinds, grandparents, other family and involved friends. Created by experts, the courses are proven to improve emotional wellbeing and the relationships between parents and children. Anyone in Stockport can join the courses for free by following these simple instructions:

1. Visit the website **inourplace.co.uk**
2. Use access code: REDROCK
3. You will be asked to create an account so that you can resume the course where you last left off.
4. You will also be asked to verify your postcode to make sure that you're a Stockport resident.

www.incredibleyears.com/parents-teachers/articles-for-parents

www.solihullapproachparenting.com

www.essentialparent.com

www.familylives.org.uk

www.bbc.co.uk/tiny-happy-people

www.healthyyoungmindspennine.nhs.uk/resource-centre/apps

www.kooth.com

www.youngminds.org.uk

www.thinkuknow.co.uk

www.minded.org.uk

www.annafreud.org

www.youngminds.org.uk

www.partnersofprisoners.co.uk

childrenheardandseen.co.uk

www.acesonlinelearning.com

www.nspcc.org.uk

www.talklistenchange.org.uk

www.healthyyoungmindspennine.nhs.uk/resource-centre/apps/

www.spacestockport.org

Books

Starving the Anger gremlin by Kate Collins- Donnelly

The Incredible Years by Carolyn Webster- Stratton

My Hidden Chimp by Prof Steve Peters