



Contact us

There are different ways which you can contact us for support:

 Sloughchildren.referrals@sloughchildrenfirst.co.uk

 01753 875 362

 Early help, Slough Children First
Observatory House, 25 Windsor Road
Slough, Berkshire, SL1 2EL

'Children and young people feel happy, safe and loved within their families and wider community, where they are helped to thrive, not just survive'.



Happy



Safe and loved



Thriving

Early help guide: For over 10s

By Slough Children First



What it means for you

About our early help approach

If you feel worried about anything, you should speak about it, before things get worse.

For example, if something is troubling you at home and often you can't do your homework on time, you should tell someone you trust, so that adults can talk and support you.

We call this 'early help'.

Early help is for EVERYONE – no matter how old. Sometimes people may need support, so it's good to ask for it as soon as possible.

There are 3 different types of early help support that anyone can access:

1. Universal support

These are things available to all of us like learning at school, or having your health checked by doctors.

There are loads of different places for '**universal support**', like family hubs, sports clubs, voluntary groups, youth clubs and libraries.

Adults in any of those places can listen, give guidance and find fun, positive activities to help children and young people grow healthy and happy.

Accessing universal support can often help us preventing problems getting worse.

2. Additional support

- Sometimes, accessing **universal support may not be enough**. For example:
- You are struggling in school, with friends;
- There is not enough food at home, or money to buy things;
- Your parent or the adult that looks after you is poorly;
- There is not enough space at home to do your homework, or for everybody to sleep comfortably;
- A member of the family is no longer around;
- There are too many arguments around you.

It could be anything that worries you or makes life a bit difficult.

'Additional support' means that one of the adults you know from universal services **will ask other adults to help** and they will arrange a 'Team Around you (the child) and your family'.

Everyone will meet to talk about the best way to help all of you. The team will include adults that you and your family trust, like a health worker, teacher, counsellor, sports coach, a youth club volunteer or a religious leader. It can be anyone that you have met and can help.

3. Targeted support

If there are **too many things** to be resolved at once, and the **additional support** isn't helping, that is when **targeted support can be helpful**.

This is when one of the adults is a Family Support Worker or a Targeted Youth Worker, and they are asked to join the 'Team Around the Child and their Family'.

We have in Slough an organisation called Slough Children First, where the targeted workers come from.

They will work with you, your family and other trustworthy adults, asking further questions and creating a good plan to make things better. They will always ask you to participate because your wishes should be what matters the most to all adults helping your family.