



01727 519128

www.vistastalbans.org.uk

St Albans Plus Schools' Partnership

Newsletter for Schools Summer 2024

Welcome to the Summer edition of the Vista St Albans Newsletter! We're excited to share updates and insights regarding our ongoing efforts to support students and their families. Last term flew by, and we are now in a new term for our support services.

It has been a very challenging time with funding cuts and a change of our lead school, however we have overcome these challenges and are very positive about a bright future!

We would like to say a massive thank you to Lisa Roberts at Sandridge Primary School for being our new lead school, we look forward to building our Local School Partnership over the next 17 months.

All annual 'buy ins' have been now allocated but if you do require any additional support for your students, please do get in touch with the Vista team!

School Family Workers

There has been a lot of uncertainty around the school family worker service however, we are determined to continue the service after the funding has gone. This is where we need your help...

Support us so we can support your students and Families!


As we are set up as a Community Interest Company we aim to continue beyond August 2025. This year we have introduced a new way of allocating cases which will hopefully futureproof the service. After August 2025 Hertfordshire County Council will be moving to a school funded model.

Schools currently buy in for their chosen number of annual School Family Worker Cases, these allocations are for the year April 2024-March 2025 (38 weeks). If your school reaches its full capacity with the allocated cases, you can buy in for additional cases or parents can also refer themselves to our Parent Support Service. For more information on prices please contact Karen Broom.

Next year there will be 5 months of DSG funding available which will be deducted off the cost of your required amount of SFW cases. January 2025 will be the deadline for schools to decide how many cases they require for April 2025-March 2026.

For more information about the School Family Worker Service please contact Jackie.green@vistastalbans.org.uk

What is a School Family Worker?



A School Family Worker supports parents and carers with a diverse range of challenges. They deliver support directly, liaise with schools, signpost and refer to other relevant services. Their focus is to work with the family and school holistically, with an aim to deliver positive, sustainable outcomes.

What do our School Family Worker do?

- 1-2-1 Parenting Support
- Carry out Families First Assessments
- Attend TAF and other professional meetings
- Help with EHCP's
- Support with DLA
- Housing Support
- Financial Support- including debt management, gas and electric.
- Drug & Alcohol Support
- Hygiene bag deliveries
- Food bank vouchers
- Funding for household goods
- Domestic Abuse Support
- Bespoke workshops

STUDENT SUPPORT SERVICES



Mentoring

Mentors offer a 'listening ear' for when children and young people go through challenging situations. This is for 'low level' challenges that are classed as an 'early help' intervention.

They can explore a variety of issues such as low self-esteem, friendships, anxiety, anger and behaviour.

Mentors can help to guide children and young people to develop strategies to move forward and achieve better outcomes.

Behaviour and Emotional Support

Behaviour Support can provide interventions with individual students and small groups. These interventions support mental health such as anxiety issues, self-harm, self-esteem, building resilience, promoting emotional literacy and mindfulness. We address social skills and behavioural difficulties, anger management, transition, drug and alcohol issues.

We can carry out classroom observation, provide a full report including recommendations as well as attend meetings with the school and parents.

Counselling

Counselling is a 'talking therapy' that involves a trained therapist listening and helping find ways to deal with emotional issues in a safe environment.

It is beneficial for children and young people experiencing bereavement, separation, bullying, self-harm or relationship difficulties and problems at home. We can provide a qualified Counsellor to support a child or young person aged between 5 and 19 years. All our Counsellors are members of BACP (their professional body) and follow the BACP ethical codes of practice and receive regular supervision.

NEW FOR VISTA STUDENT SUPPORT SERVICES...

We are very excited to welcome Luisa Picciuto to our team. Luisa will be working as a Behaviour and Emotional Support Practitioner and Counsellor; she has a wealth of knowledge and is currently in the final stages of qualifying in Integrative Counselling and Psychotherapy for Children and Adolescents. Luisa is due to be qualified in July 2024. She also is qualified in Low Intensity CBT and has a degree in Child Development and a degree in Psychology. Luisa utilises CBT and DBT techniques in her work, providing therapeutic and evidence-based skills and coping strategies.

Luisa has designed several courses to help children, young adults, and parents, these include:

Emotional Regulation Group

Emotional regulation problems in children refer to difficulties managing and expressing emotions in a healthy and appropriate way. Children with emotional regulation difficulties often experience emotions more intensely than others, become more distressed to even minor triggers, have difficulty calming down, display impulsive behaviour (e.g. acting out, aggression), have mood swings and find it difficult to problem solve a situation they are overwhelmed by.

This emotional regulation program would use Dialectical Behaviour Therapy (DBT) skills to support emotional regulation. It has been shown to be helpful as an early intervention to develop healthy coping skills, and the skills learnt are practical, easy to use strategies which can be adapted to suit each child and be used across all situations. By equipping the children with DBT skills, they learn to cope with stress, setbacks and challenges in a more resilient manner.

Building Resilience in Primary Aged Children (workshop for parents)

The aim of this workshop is to equip parents with practical strategies to promote resilience in their primary-aged children. Resilience is a vital skill that helps children navigate challenges, setbacks, and stressors effectively, contributing to their overall well-being and success in various aspects of life.

Secondary school transition program

For year 6 pupils who are feeling worried or nervous about the transition into secondary school. 4 x1-hour workshops for up to 6 people identified by the school as being anxious about this. Aim is to support young people in successfully transitioning from primary to secondary school by providing them with tools, resources, and a supportive environment to navigate this significant life change.

Managing Exam Stress

For Year 11s and 13s who are coming up to GCSE and A Level exams, and are feeling stressed and worried about the exam period. This could be delivered as a lecture style workshop (1 hour) to a whole year group for example or could be delivered as a more interactive/personalised small group program of 2 hours over 1 or 2 sessions (up to 8 people). The workshop utilises CBT techniques to support young people in finding coping techniques to manage their stress about the pressured exam period.



STUDENT SUPPORT SERVICES

These services are delivered in schools to pupils and are either funded by the school or families can be referred to us directly and pay for these services privately.

If you have any students in your school who need extra help with challenging situations, low self-esteem, anxiety or requiring emotional support then contact: karen.broom@vistastalbans.org.uk for more information.



Primary School Transition Workshops for Parents and Carers

Would your school be interested in a workshop for parents/carer of children moving from infants to juniors or primary to secondary school?

Vista St Albans have developed this inspiring workshop to help with the challenges of transitioning to a new school.

This bespoke workshop can be tailored to suit your schools needs but we can cover the following:

- Helping parents have a positive approach to change.
- Understand what is meant by transition.
- Exploring what will be the same/different for children and parents.
- How to support children by building on their resilience, self esteem and independence.

For more information and costs please email: karen.broom@vistastalbans.org.uk or call 01727 519128



Referral Process

What service do you require?

Core Service

St Albans Plus Partnership supported by School Family Workers (SFW)

- Family Support
- Families First Assessment

Complete Word Document: Core SFW Referral Form PURPLE

Traded Service Additional Services

- Mentoring
- Counselling
- Behaviour Support
- School Transition Workshops
- Bespoke Parenting Workshops
- Penn Resilience
- Group Work

Complete Word Document: Traded Referral Form GREEN

Parent Referral Self funding service for Parents

- Mentoring
- Counselling
- Parent Support

Complete Word Document: Parent Referral Form ORANGE

Email completed word document to: referrals@vistastalbans.org.uk

Referrals will be assessed and passed on to the relevant person

Referrals will only be accepted via this process

Bespoke Workshops for Children and Young People

We can provide a 6 week programme for small a group of students tailored to meet their needs.

Current Workshops available:

- Dealing with anxiety
- Building Friendships
- Confidence and Resilience
- Radio Controlled Cars- to build team work, confidence and promote a positive mindset.



OTHER SERVICES AND SUPPORT GROUPS...



01727 519128
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Vista
St Albans Plus Schools' Partnership

SEND Coffee Mornings

Vista St Albans are hosting coffee mornings with a School and SEND Family Worker to help support parents / carers of children with Special Educational Needs and Disabilities, diagnosed or not. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 Post-16 transition co-ordinator and primary and secondary SEND Leads will also be available for discussions. There is no need to book to attend the drop in.

Dates: 8th May & 26th June **Time:** 9:15 - 11:00am

Venue: The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW. The Hub is to the right hand side of the school building at the bottom of the car park. There is no parking available onsite, but 3 hours free parking is available nearby in Morrisons supermarket.

Appointments

Running alongside our coffee mornings, there is also the opportunity to reserve a 20-30 minute appointment to speak to the following professionals.

Dates	Professionals attending	Times
8th May	Tanya Suri - Speech and Language Therapy	9:30, 9:50, 11:00, 11:20 & 11:40am
26th June	Lyndsey Hooper - Mental Health Support Team	9:30, 10:00, 11:00 & 11:30am

To book an appointment:
Please email admin@dspl7.org.uk

www.dspl7.org.uk

01727 519229



St Albans Community Pantry (SACP) is a hybrid of a food bank and a food rescue operation. They collect surplus food from supermarkets and offer it to all through their community fridge and bread pantry. In addition, they offer targeted help to more vulnerable individuals and families who find themselves in hardship by providing boxes of predominantly fresh produce on a weekly basis for as long as needed. For further information, please visit their website <https://stalbenscommunitypantry.org/>



Verso Care exists to equip people with the tools and support they need to move towards living a more independent life, empowering them to fulfil their given potential. Their focus is to fill the gaps in existing service provision and support, rather than duplicate what already exists. Their emergency food bank FEED now partners with St Albans & District Food bank, part of the Trussell Trust network. This still runs at Verso Care every Monday morning. FEED now offers pre-packaged boxes of food to those individuals who meet the Trussell Trust's criteria. For further information, please visit their website <https://www.verso.church/verso-care>



www.stalbansdistrict.foodbank.org.uk

St Albans & District Foodbank

We are open for food collection at the following times and locations:

St Albans
Vineyard Church, 7 Brick Knoll Park, AL1 5UG Monday 10:00-12:00
Christ Church, 3 High Oaks, AL3 6DJ - Tuesday 1.00 - 3.00
Cottonmill Community Centre, Old Oak, Cottonmill Lane, AL1 2EF - Wednesday 1.00 - 3.00
Caledon Community Centre, Caledon Road, London Colney, AL2 1PU - Friday 10:00 - 12:00
Dagnall St Baptist Church, Dagnall Street, AL3 5EE - Saturday 1:30 to 3:30 - (from 15th April 2023)

Wheathampstead
Hillydye Community Centre, 17 Hillydye Road, AL4 8TU - Thursday 12.30 - 2.30

Harpenden
Crabtree Church, 139 Crabtree Lane, Harpenden, AL5 5RD - Friday 1.00 - 3.00

Redbourn
Redbourn Methodist Church, North Common, AL3 7BU - Monday 2:00 - 3:30

To donate food to us please visit our website:
www.stalbansdistrict.foodbank.org.uk/give-help/donate-food
Please call 01727 613019 - option 1 or email info@stalbensdistrict.foodbank.org.uk for more information



Charity Number: 1158917



The Hygiene Bank is a local 100% volunteer run charity that has been working in St Albans for nearly 5 years and who seek to help those living in hygiene poverty. Since the pandemic, the Hygiene Bank have been regularly supporting Vista families by supplying hand curated and generous bags of toiletries and household cleaning products.

Does your school have any families who are in extreme financial need but who are not under the care of Vista?

The Hygiene Bank would like to support schools further to help these other families too (The Hygiene Bank do not work with individuals directly).

For more information please reach out to Lorna Harris on stalbens@thehygienebank.com or phone 07471204035

