

The Multi-Agency Support Hub within Our Lady & St Patrick's High School aims to put the health and well-being of young people and their families at its forefront. We know from research that supporting social and emotional learning can lead to improved attainment, particularly for at-risk groups such as looked-after children and children growing up in poverty.

The Family Support Hub was set up to further meet the increasing social and emotional needs of 'at-risk' young people within the school where a variety of additional support and interventions are put in place, tailored to the needs of our young people and their families. The hub aims to build capacity across education staff through focusing on approaches that support the emotional needs of young people at a whole-school level.

OUR LADY & ST PATRICK'S



MULTI-AGENCY SUPPORT HUB

The Support Hub environment is a flexible, modern space with areas for collaboration for individuals and small groups and provides access to Pupil & Family Support at all times, Psychological Services, a Counselling Service, Family Opportunity Team to provide support and a signposting service, a Youth Engagement Officer from Police Scotland to engage informally with our young people, and a Youth Worker who plays an important role in the learner journey for many of our young people.

Our Lady & St Patrick's High School
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"At our school everyone will be helped towards their fullest spiritual, educational, social, vocational and physical development"



INFORMATION BOOKLET



OUR STORY

“Early effective intervention is promoted as part of a whole systems approach to improving outcomes for young people in West Dunbartonshire. Our most vulnerable young people can be exposed to and experience high risk situations disempowering their ability to thrive and achieve in a school setting. Improving the quality, range and access to services in school communities provides a more timeous preventative approach in addressing barriers to learning” West Dunbartonshire Council funding bid July 2016

This booklet is designed to help pupils, parents, staff and the wider community to understand our Multi-Agency Support Hub and its rationale. It will showcase the number of partners and agencies we work with on a daily basis to support our young people and their families. The Support Hub will give access to an Educational Psychologist, School Counsellor, Family Opportunity Team, Youth Engagement Officer, W4U team and a Youth Worker.

THE FUTURE

Our Lady & St Patrick's High School will continue to put the health and well-being of all young people at its forefront. We will continue to build on the additional support and interventions that are currently in place, tailored to the needs of our young people and families.

ACTING DUPUTE HEAD TEACHER—EXCELLENCE & EQUITY

An acting depute head teacher has been appointed to oversee and co-ordinate the Support Hub. This teacher is dedicated to supporting excellence & equity and providing opportunities for young people and their families at Our Lady & St Patrick's. In session 2018/19 we appointed Principal Teachers of Literacy, Numeracy and Health & Wellbeing to further enhance the work of the hub.

SOCIAL MEDIA

<https://sites.google.com/ourcloud.buzz/support-hub-olsp>



THE STATISTICS

All statistics are taken from West Dunbartonshire: Local Child Poverty Statistics

DOMESTIC ABUSE IN WEST DUNBARTONSHIRE

West Dunbartonshire has a higher than average incidence of domestic abuse. Figures from Police Scotland show 1,395 recorded incidents of domestic abuse were reported in West Dunbartonshire last year and 186 households presented to the Council as homeless. This has the potential to have devastating consequences on families with children.

Incidents of Domestic Abuse per 10,000 Population - Taking the population of Scotland as at mid-year 2017, there were 110 recorded incidents of domestic abuse per 10,000 population in 2017-18. At a local authority level, Clackmannanshire (162) and West Dunbartonshire (153) recorded the highest incident rates per 10,000 population.

WHAT IS HAPPENING LOCALLY?

CHILD POVERTY IN WEST DUNBARTONSHIRE

According to the 'End Child Poverty' group there are 4,887 children in West Dunbartonshire living in poverty. This is 26.7% of the young population; a proportion that is substantially higher than the Scottish average of 20%. As such, there are considerable challenges to address.

WORKLESS HOUSEHOLDS

There are 6,800 workless households in West Dunbartonshire, this represents a figure of 22.8% and is higher than the Scottish average of 14.5%, unemployment at 2.1% is almost double the UK average of 1.1%.

LOW INCOME FAMILIES

25% of children in West Dunbartonshire live in combined low income and material deprivation. This is higher than the Scottish average (20%) and places it as 6th worst of 32 local authorities in Scotland.

LONE PARENT FAMILIES

Children in lone parent families are at a higher risk of being in poverty. There are 4,128 children living in lone parent families in West Dunbartonshire. The heads of 50% of lone parent families are not in employment and therefore even more vulnerable to relative, absolute and persistent poverty.

FREE SCHOOL MEALS

There are 2,335 children registered to receive a free meal in West Dunbartonshire

VULNERABLE CHILDREN

In July 2017 there were: 363 children looked after in West Dunbartonshire. This represents a rate of 1.94% of the 0-17 year olds compared to a figure of 1.4% for Scotland.

Of all our looked after children:

- 82 are at home with parents;
- 166 with friends/relatives;
- 78 with foster carers or other community placements; and
- 37 looked after in other residential care settings.
- 71 children had their names placed on the West Dunbartonshire Child Protection register during 2015/16, with 48 remaining on the register in July 2016.

There are comparatively more children in the care system in West Dunbartonshire. 24.1 per 1,000 of the population compared to a figure of 14.4 per 1,000 in Scotland.

INFORMATION

PUPIL & FAMILY SUPPORT



Pupil & Family Support workers play an important role in providing targeted support for individual young people in school and in their local community. Pupil and Family Support provide invaluable support to young people in terms of increasing attendance and reducing exclusion. They offer support to young people and their family and help to foster an inclusive ethos. Relentless focus on improving attendance, reducing exclusion and ensuring strong links between home and school with parents and carers of some of our most vulnerable children and young people.

"We as a family, and xxxx are regaining the confidence we had lost and have come a long way since being referred to Craig. His support being second to none. Although we are delighted at what xxxx has managed to achieve, we are aware that Craig has played a major part in us reaching this point. We still have a long road ahead and can only hope that xxxx continues to progress at the pace he has set himself and with the support he receives from Craig we are confident that he will" Parent - OLSP pupil

PUPIL & FAMILY SUPPORT

The key aims of the Pupil and Family Support service are to contribute to the wellbeing of children, young people and their families by supporting:

- improved attendance,
- improved attainment,
- improved sustained positive destinations
- minimise the need for day placements

The focus for the Pupil & Family Support Worker is vulnerable children and young people with identified Additional Support Needs and their families.

Support for pupils

- Support for attendance at school
- Small group work to support friendship building, social skills
- Support for transitions
- Escort and supervise pupils and small groups as required
- support re-integration into school following exclusion or lengthy periods of absence
- Support for social presentation and self-care

Support for families

- Support for parenting skills in the home
- Support for families to engage with school
- Preparing children, young people and families for meetings
- Support for children, young people and families to access relevant agencies, support mechanisms and support services

INFORMATION

YOUTH COUNSELLING SERVICE



At Our Lady & St Patrick's we believe that good mental health is fundamental to our overall wellbeing. Having the skills and tools to cope with life, the pressures that can arise at home or school, helps us to tackle stress, depression and anxiety more effectively and allows us to interact more fully in our own lives.

Counselling is the chance to talk about how you are feeling with a person who understands and can support you to deal with whatever is happening in your life.

**"Young people that attend
counselling for one to one support
have said that they were better able
to cope with their feelings, felt better
about going to school and recognised
improvements in their relationships
with friends, teachers,
parents/carers and family" - Lifelink
Counselling Service**

ONE TO ONE YOUTH COUNSELLING

One to one counselling support gives young people the opportunity to discuss any issues that may be affecting them. Our counsellor works on ways to overcome any difficulties that young people have so that they can go back to feeling positive again.

One to one support gives young people the chance to understand personal and social issues in depth and to develop the emotional skills and confidence to overcome personal challenges, transitions and difficulties.

We know that dealing with things can be challenging sometimes. Even everyday things like hanging out with friends or doing schoolwork can seem difficult. Our staff are here to listen to any problems that young people may have and to work with them to overcome them.

Counsellors can discuss the issues most important to young people, such as:

- Wellbeing
- stress
- Relationships
- Health
- Emotions
- Coping Skills
- Anger and Conflict
- Peer Support
- Exam Stress

INFORMATION

FAMILY OPPORTUNITY TEAM



CASE STUDY

One of our parents took part in a four week vocational training course delivered by Working 4U Learning Team that focused on confidence building, goal setting and self-belief. The parent also attended additional training in the school including CEOPS. The parent was supported to improve her CV and with job searching and has now managed to secure a part time role in administration.

FAMILY OPPORTUNITY TEAM

The Family Opportunity Team are a unique partnership between WDC Education, Learning and Attainment and WDC Working4U. WDC Education, Learning and Attainment host the Family Opportunity Hub in Our Lady and St. Patrick's High School. This partnership approach is designed to provide a comprehensive and integrated model of engagement with the aim of optimising opportunities for families, individuals and pupils to access training, education and employment.

WORKING 4U

The Family Opportunity Team aims to make a positive and productive contribution to improving the quality of life for families in West Dunbartonshire.

Working4U Learning:

Primarily supports disadvantaged or vulnerable groups and individuals of all ages to engage in learning, with a focus on bringing about change in their lives. This covers a wide range of activity, such as family and adult learning & literacy, digital literacy and English for Speaker of Other Languages (ESOL).

Working4U Money:

Provides Welfare Rights and Debt Advice including debt counselling, income maximisation, money advice and welfare benefit advice. The service is client oriented; based on a private and confidential diagnosis of the issues and designed to provide options that empower the individual.

Working4U Work:

Delivers an employability service that encompasses all the things that enable people to increase their chances of getting a job, staying in a job, and progressing further in work. A 'whole person approach' is adopted which is responsive to those people in our communities with the greatest need.

INFORMATION

PSYCHOLOGICAL SERVICES



STAFF CAREER LONG PROFESSIONAL LEARNING

"Before I was annoyed in class, now I'm calmer because of the nurture group" S2 pupil - Nurture Base

Career long professional learning at OLSP is a key priority to ensure that all staff have a shared framework from which to enhance their understanding of child development and reflect on how this may impact on learning and behaviour. This is achieved through planned approaches at whole school level to build capacity in education staff to ensure restorative approaches and nurture principles are embedded across the school.

NURTURE GROUPS

Nurture groups have been established in OLSP since August 2017 to respond to students who have struggled with the transition to secondary school and subsequently did not settle into their new learning environment.

The introduction of a nurture base to support vulnerable young people in feeling safe and having a calm, structured space to form key relationships and develop social and emotional skills has had a significant impact on some of our most vulnerable children and young people.

WHOLE SCHOOL APPROACH TO NURTURE PRINCIPLES

It was recognised that adopting a whole school approach to nurture would both benefit the children receiving targeted support through the nurture groups, and meet the needs of the wider population of the school, many of whom often have complex emotional and behavioural needs, by promoting supportive relationships between staff and young people.

THE SIX PRINCIPLES OF NURTURE

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. Nurture is important for the development of wellbeing
4. Language is understood as a vital means of communication
5. All behaviour is communication
6. Transitions are significant in the lives of children and young people

INFORMATION

PSYCHOLOGICAL SERVICES - MINDFULNESS



MINDFULNESS IN EDUCATION

Mindfulness in schools is not just about children and young people; it is also very much about those who care for them. The benefits of mindfulness in the adult world are well-researched and the positive impact it can have on teachers, counsellors and carers is central to MiSP's vision. These benefits include: stress regulation and reduction, increased self compassion and increased teaching efficacy.

" I have learned some useful techniques, particularly being able to 'detach' from thoughts and concerns and gain 'the present'. I now realise I can discuss thoughts, at least for the moment. This has most certainly helped my mental state."
Teacher - OLSP

MINDFULNESS

Mindfulness is a self-regulatory approach to help reduce stress and anxiety and to help to manage emotions more productively. It focuses on developing an accepting, non-reactive attitude to what is experienced in each moment. There are a range of potential benefits for both teachers and young people in becoming mindfulness practitioners including greater well-being (e.g. feel happier, calmer, more fulfilled), and learning to cope with difficult mental states such as anxious thoughts and low mood.

MINDFULNESS AT OLSP

Within OLSP, it is recognised that there are a significant and ever-increasing number of young people who struggle with stress and anxiety and that this can contribute to educational underachievement.

Services such as CAMHS have limited capacity to accept referrals for such young people so the project schools felt that looking to build capacity within school, to be able to deliver an in-house programme such as mindfulness, where young people can be taught skills to learn how to manage their emotional states in productive ways, would be a useful strand of intervention to pursue.

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MCR PATHWAYS

because of m...

YOUNG PEOPLE JOURNEY

"I really look forward to meeting with my mentor. It gives me a chance to talk about things I enjoy and helps me think about what I can do when I leave school" S3 pupil- OLSP

MCR Pathways support young people with diverse, engaging and inspiring opportunities to help them identify their talent and have the confidence to progress to a positive post-school destination. They engage young people through group work and mentoring

INFORMATION

ABOUT MCR PATHWAYS

MCR Pathways' relationship based Mentoring Programme has been helping young people build Motivation, Commitment & Resilience since 2007.

MCR PATHWAYS AT OLSP

Young West Dunbartonshire Talent, developed by MCR Pathways, is helping young people find, grow and use their talent in West Dunbartonshire.

Our volunteer mentors spend one hour a week listening to and encouraging their young person. Young people are matched with a mentor based on their personalities, interests and career aspirations.

All young people are different and have different needs, so it's important that our mentors come from all walks of life. Role models make a life-changing difference to young people.

Additionally, mentoring has been shown to make a powerful and positive impact on those who give their time and support. The Motivation, Commitment and Resilience of our young people and mentors inspires us and pushes us forward every day.

INFORMATION

YOUTH ENGAGEMENT OFFICER



"Prevention is at the heart of what Police Scotland do and this is essential in the context of our children and young people. Our approach will provide them with information and help them make informed choices. This can help them avoid the risks that are present in society from substance misuse, the cyber world and other harmful behaviours"

Philip Gormley - QPM Chief Constable

YOUTH ENGAGEMENT OFFICER

The role of the Youth Engagement Officers as part of the Support Hub is to create positive relationships and break down barriers between young people and the Police through engagement with pupils within the school and the wider community.

Our Youth Engagement Officer continues to deliver elements of the curriculum with a particular focus on the Health & Wellbeing Curriculum and provides support to staff, young people and their families where necessary.

CHOICES FOR LIFE PROGRAMME

'Choices for Life' is a Police Scotland initiative aimed at raising awareness amongst young people aged 11-18, about the dangers of smoking, alcohol and drugs as well as online safety and advice on how to deal with negative peer pressure.

The Youth Engagement Officer has delivered on a range of topics across the curriculum and during assemblies such as:

- No Knives Better Lives
- CEOP
- Sexting
- Anti-Bullying
- Restorative practices
- Social Media

INFORMATION

YOUTH WORKER

Working4U Learning support the ethos that having qualified Youth Work staff working directly with pupils enhances the learning offer to young people and ultimately improves young people's attainment and achievements levels.

Youth Work empowers young people, widens their horizons and builds their resilience and capacity. Using an interventionist approach, youth work supports young people who are facing the consequences of inequality and disadvantage.

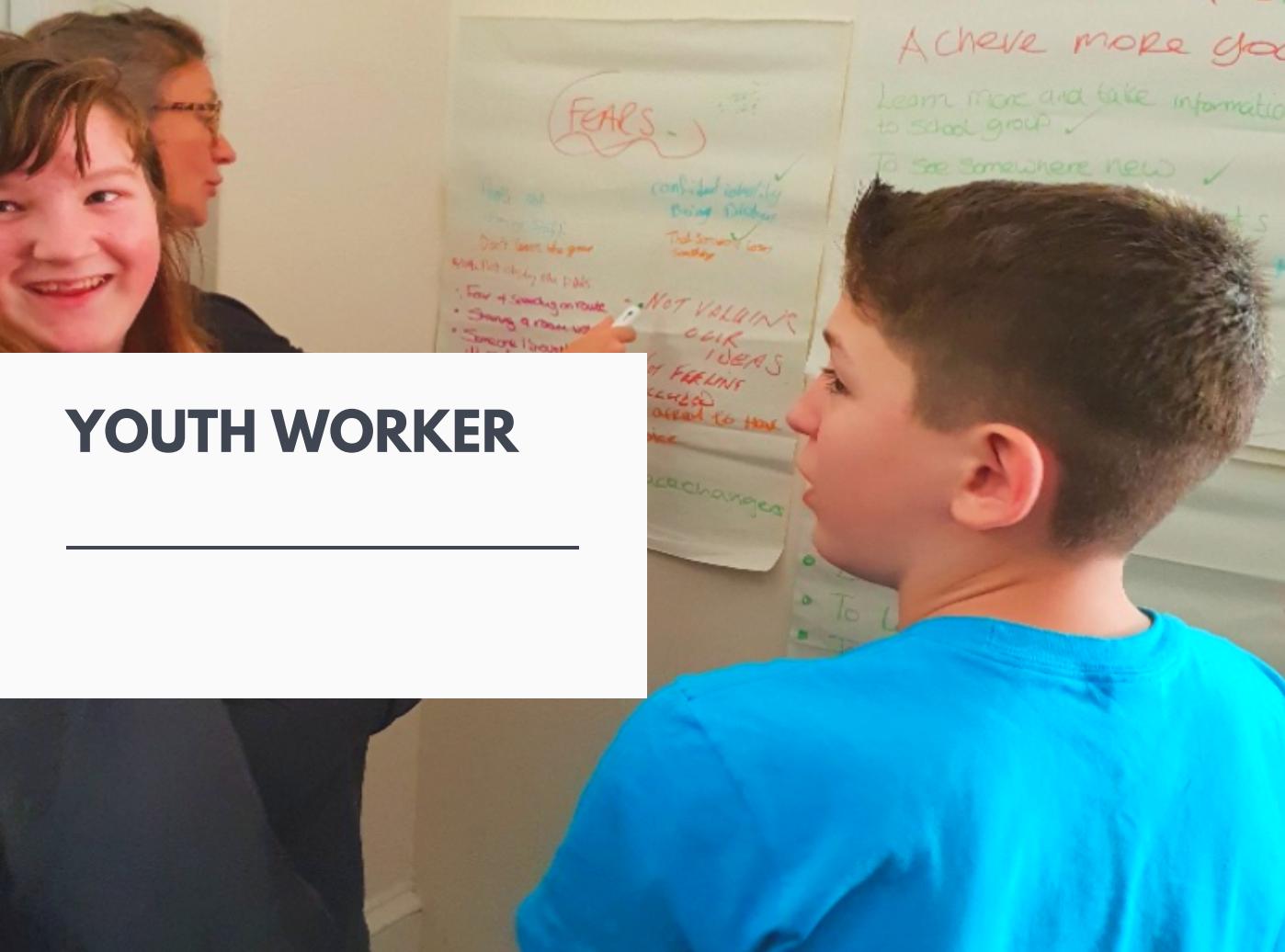
As informal educators, our staff work with some of the hardest to reach young people in our communities using a Youth Work approach and regularly work and engage with young people who are school refusers, have low attainment rates, suffer from low confidence and self-esteem and those who are disengaged from school.

PERSONAL AND SOCIAL DEVELOPMENT

Opportunity for the Youth Work staff to engage with young people in their school and begin to develop core relationships using icebreakers, team building exercises and group discussions leading to:

- **Dynamic Youth Awards**
- **Youth Achievement**
- **PX2 Course Awards**
- **Fire Reach programme**
- **Anti Bullying Campaign**
- **Anti Litter Campaign**

YOUTH WORKER



CLOSING THE ATTAINMENT GAP

Tackling the attainment gap requires all those involved in Scottish Education to collaborate and focus efforts on reducing the impact of poverty on attainment. Youth work taking place in schools and within the wider school community plays an important role in the learner journey for many young people, particularly those affected by poverty and inequality.

Collaboration is key to delivering the improvements in attainment and health and wellbeing set out in the National Improvement Framework and Scottish Attainment Challenge. Youth work and schools across Scotland are working together to improve outcomes for young people.



Multi-Agency Support Hub