



St Albans Plus Schools' Partnership



HELP

ADVICE

GUIDANCE

SUPPORT

STRATEGIES

**Access to Family
Support Services**



07584 798528

www.vistastalbans.org.uk

About us...



Vista St Albans CIC was set up in 2011 and is an educational organisation offering services for children, young people and families. The people we serve learn new strategies of coping and ways of dealing with issues in their everyday lives. By providing access to emotional wellbeing and early intervention, we are able to support families through difficult times enabling our children and young people to have better outcomes.

Vista St Albans CIC is made up of two elements:

- **St Albans Plus Schools' Partnership - Core Services**
- **Vista St Albans – Additional Services**

St Albans Plus Schools' Partnership – we are a partnership of 49 schools from St Albans who are commissioned to support their children, young people and families across the district via a School Family Worker service. The focus is to work with the whole family holistically to deliver positive outcomes. The School Family Worker service is part of Hertfordshire's Families First Early Intervention strategy. This partnership is funded from school grants and directly from the Government. The lead school is Fleetville Junior School/Spiral Trust. Referrals for this service come directly from the schools.

Vista St Albans – Additional Services – we offer a number of services which include Mentoring, Counselling, Behaviour Support, Parenting Courses and Workshops. Our services are delivered in schools to school pupils on site. The sessions are either funded by the school or they can be referred and funded by a parent/guardian.

Our Services

Family Support: Working with parents and carers in the home and school to deliver a targeted programme of support or signposting to relevant services. This programme is varied and offers information and advice in regards to (but not limited to):

- School Attendance
- Boundary setting and routines
- Bullying
- Employment and work skills
- Family Breakdown
- Financial concerns and benefits advice
- Housing
- Emotional wellbeing
- Parental Relationships
- Signposting to specialist agencies
- SEND
- Support when seeking a diagnosis
- School Transition
- Young Carer support



Multi-agency work: Our School Family Workers work closely with CAMHS, DSPL7, Children's Services, Police, Step 2, Carers in Herts, district, county and community agencies and support groups. We also work closely with Harpenden Plus Schools' Partnership.

Intervention and Behaviour Support: The Vista Behaviour Support service offers interventions with individual students and small groups. This is a bespoke service tailored to the needs of each school. Our staff and associate facilitators are experienced and able to deliver these programmes to school staff, parents/carers, children and young people in our schools which include:

- Behaviour and boundaries
- Friendships
- Protective Behaviours
- Self Esteem and Confidence
- Resilience
- Transition

Mentoring: We can help children and young people as they go through challenging life transitions. Mentors offers a 'listening ear' to explore a variety of issues such as low self-esteem, family breakdown, anxiety, anger and behaviour. Mentors can help guide children and young people to develop strategies to move forward.

Counselling: The Vista Counselling service is particularly beneficial for children and young people experiencing bereavement or separation, bullying, self harm or relationship difficulties and problems at home. All of our Counsellors are experienced practitioners who follow the BACP ethical codes of practice and receive regular clinical supervision.

Parenting Courses and Workshops: Our staff are trained to deliver a variety of parenting courses and workshops of the following topics. We work with partners to offer courses detailed below:

- Families Feeling Safe
- Additional Needs
- My Teen Brain
- Anxiety
- Raising Boys and Resilient Girls
- Emotional Outbursts
- School Transition
- Dealing with Anger
- Understanding Teenagers



Penn Resilience: Is a group intervention for school children, the curriculum teaches cognitive-behavioural and problem solving skills.

Protective Behaviours: Our staff are trained to deliver Protective Behaviours which is an effective personal safety and child abuse prevention strategy. We can offer this service on a one-to-one basis or as group work.

Each support scheme will start with a referral, a conversation to discuss what intervention is required and the desired outcomes. Programmes can be tailor-made to address the issue and sessions take place in a secure and safe environment.

Our Staff...

The Vista team of School Family Workers, Counsellors, Mentors and Behaviour Support Workers are there to support children and remove barriers to their learning. All staff are experienced and qualified in their field and have an up-to-date DBS check and hold relevant Safeguarding certificates.

Confidentiality


Information which you or your child shares with us will only be shared with other agencies with your consent. However, if at any time a disclosure made to us give rise to Child Protection concerns, we will pass the information on to the relevant Designated Senior Person within the child's school.

Vista is GDPR compliant. Our ICO registration number is ZA354653

How to make a referral

Please visit our website to access our referral forms or email referrals@vistastalbans.org.uk

Contact

 **Director: Karen Broom**

 **228 Hatfield Road,
St Albans, AL1 4LW**



Vista Office: 07584 798528



www.vistastalbans.org.uk



vistastalbans@gmail.com

