



It has been a busy start to the academic year here at SWHP with the implementation of a new structure and lots of referrals coming in from our schools.

We welcome Dave Bell and Ella Deanus into their new positions as Senior School Family Workers. Together with the office team, they will replace the previous Family Support Manager role. They have stepped up from their previous positions as family workers so bring a wealth of experience and knowledge. They will still hold a case load to ensure they continue with a good understanding of our schools requirements and how best to support the School Family Worker team.

We are currently recruiting for a part-time school family worker to account for this change and are looking to have them in place by January, 2022.

In the meantime, our existing team have been allocated a proportion of these schools and are in the process of conducting handovers to ensure a smooth transition. All details of current allocations can be seen on page 3 and 4.

We are continuing to run workshops for a number of our schools to target a wider audience around areas such as; anxiety and emotional wellbeing and these continue to be very well received.

Consent for New Referrals

In a change to our current procedures, please note that you will need to obtain parental/carers consent in line with your school GDPR policy before any new referrals are made to SWHP. If you haven't already done so, we would also suggest adding us to the list of organisations you share information with within your GDPR policy. This will ensure a quicker process for us to start working with your families.



Calendar of events can now be found as a separate document with your newsletter email so that you can send out to families and is also detailed on our website:

www.southwesthertspartnership.org.uk

New Senior School Family Workers

Hi, I'm Dave Bell and will be taking on a new role alongside Ella Deanus as Senior School Family Workers for the Partnership. I've been in the partnership for six years and have really enjoyed working with many of our schools and supporting their families.

I have three boys of my own, all now adults, out there making us proud(ish). I came to SWHP after many years working in corporate IT. I was a secondary school governor for 8 years which has given me a clear understanding of how schools work and the challenges they face. I have in my time run school cycling proficiency (there are some poor souls out there who will never forgive me!) and coached junior rugby and cricket. I really enjoy working with children and helping them to be their best. I will be retaining several of my schools and continuing with family case work as I really enjoy this and want to keep abreast of life 'at the coal face'.

I am excited to take on the new senior role and would like to get out to all our schools to talk about what we are currently delivering for you and any evolving requirements that we could fulfill.



Dave Bell
Senior
School Family Worker
Dave.b@swhp.org.uk
07872 991576



Ella Deanus
Senior School Family Worker
Ella.d@swhp.org.uk
07872 991577

For anyone I haven't managed to cross paths with, I'm Ella, one of the new Senior School Family Workers. I have been with SWHP over 5 years now and strongly believe in the difference we make to young people and families across the area.

I work with such a brilliant team and am constantly amazed at their knowledge and compassion. I am looking forward to my new role whilst also continuing family support work with some of our schools.

Please do feel free to get in contact any time if you have any questions about the service or would simply like to introduce yourself.

**Looking for Support With Your
Mental or Physical Wellbeing?****Are You:**

- ☒ Aged 10-24?
- ☒ Registered with a doctor within the
West Herts Area (Watford/Three Rivers/
Dacorum/Hertsmere/St Albans)?

**Contact Stephen Ware:**

✉ stephen.ware@watfordfc.com

📞 07510 927143



At SWHP, some of our family workers have been referring the young people they are working with onto the Youth Link service at WatfordFC via Stephen Ware, Health and Wellbeing Officer. This has been well received and is proving a positive experience for those that have engaged with the service.

Youth Link is a social prescribing service for Young People aged 10-24 in Watford and the surrounding West Herts area (Three Rivers / St Albans / Hertsmere / Dacorum).

Youth Link supports young people with low to moderate mental, physical and emotional health needs. It is led by the young person looking for support, information, and direction by referring to community services. We support young people through a dedicated action plan tailored to the individual, providing up to 6 months of support, free of charge. From stopping smoking, building friendships, weight management, staying active, NEET, needing advice for a personal situation to struggling with carer responsibilities and more.

To refer please visit <https://www.watfordfccsetrust.com/project/youth-link> to download the editable PDF referral form and information, or contact Stephen on Stephen.ware@watfordfc.com / 07510 927 143.

HOUSEHOLD SUPPORT FUND**Voucher Scheme for families**

Through the newly announced Household Support Fund, HCC are able to allocate vouchers to us once again for families in need. These will be issued across three holiday periods:

Christmas	£50 voucher
February half term	£15 voucher
Easter	£30 voucher

Ella, our Admin Co-ordinator is overseeing the allocation of these vouchers and is currently working with the family workers in identifying which families will benefit from these over the Christmas period.

LOCAL FOOD BANK LOCATIONS

This time of year can be particularly hard for many of our families. SWHP can obtain and allocate food bank vouchers or parcels to those that may need that extra bit of help with essential items.



Please click on following links for locations and opening times of food bank's within the local areas.

Bushey

<https://redtrustbushey.org/foodbank>

Three Rivers

<https://www.threerivers.gov.uk/egcl-page/three-rivers-food-banks>

Watford

<https://www.watfordfoodbank.co.uk/locations/>



FAMILY SUPPORT TRAINING

Our team of School Family Workers continue to update their skills and knowledge through online training

THE HIDDEN VICTIMS OF DOMESTIC VIOLENCE – INTERSECTIONALITY

The term Intersectionality was first coined in 1989 by African American feminist scholar Kimberlé Crenshaw.

We have to deal with not only with one form of oppression but with all forms, which link together to make a double, a triple, multiple, a many layered blanket of oppression

What does this mean in relation to Domestic Violence?

- Domestic violence affects all women regardless of their of backgrounds.
- It does not discriminate on the basis of age, religion, culture, disability or education
- However, society does not necessarily treat all victims equally
- Attitudes and biases in society can influence how a victim of domestic violence is perceived
- Stereotypes can also often lead to barriers in accessing support



When looking at victims of domestic violence, using an **intersectional approach** helps us to better understand any barriers they may face and any complexities they face in their daily life. This then enables us to provide support for victims and their families whatever their background or lifestyle.

For example, a victim from a Black, Asian and Minority Ethnic community who is an immigrant and has language barriers may face traumas unique to that population which then may be compounded by further traumas of domestic abuse.

HCC SEND Questionnaire



In Hertfordshire, we are dedicated to improving the lives of our children and young people with special educational needs and disabilities (SEND) and strive to deliver high-quality targeted services.

If you have a child with SEND, we would be very grateful if you could complete this questionnaire about our current Short Breaks Local Offer (SBLO) giving feedback on our current provision and also any ideas for how it could be improved. It should only take about 10 minutes to complete and your responses will be very gratefully received. You can access the survey via this weblink: <https://surveys.hertfordshire.gov.uk/s/SBLOsurvey/> or by scanning this QR code:



Many thanks, SEND Commissioning Team.

EMOTIONAL WELLBEING & COPING STRATEGIES

Mental wellbeing is about our ability to cope with life's problems and make the most of life's opportunities; being able to experience all emotions (and yes even the difficult ones) and being able to return back to a neutral/content place.

Steps to manage emotions:

- Name the emotion
- Accept the emotion without judgement
- Take action

Taking action practical ideas include: Coping Skills Wheel, 5 Steps to Managing Big Emotions, Self-Care Boxes

FIVE WAYS OF WELLBEING (5WOW)



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

★ Festive ideas for you and your family to enjoy over Christmas



Bake some Christmassy food and Spread the cheer further by making big batches of your creations and sharing them with neighbours, family and friends. This is a wonderful gift as well as a great and easy way to help out those in need.

<https://www.bbcgoodfood.com/recipes/sparkling-vanilla-christmas-cookies>



See some Christmas lights

If you don't fancy travelling to a Christmas light switch-on event, wrap up warm and go for a walk around your neighbourhood to spot some luminous displays. Great to do as a family, tally up the houses you see with white lights and those with multicoloured lights.

Show your artistic flair by making your own Christmas cards. A lovely way to connect with friends and family. Get the whole family involved, listening to some Christmas jingles as you work.

<https://www.goodhousekeeping.com/holidays/christmas-ideas/g4080/clever-diy-christmas-cards>



Local Christmas Events

Local Panto's (oh no it isn't!)

Cinderella at Watersmeet (Rickmansworth)

<https://www.watersmeet.co.uk/cinderella---dates-and-prices>

Dick Whittington and his Cat at Watford Palace Theatre

<https://watfordpalacetheatre.co.uk/events/dick-whittington-and-his-cat>



Christmas Events at Atria Shopping Centre Watford ★

Free Christmas Roller Disco

The Christmas roller rink open from 2nd to 31st December

Sessions are free and skate hire is included, however we advise you to pre-book to avoid disappointment. When booking a session you are invited to make a voluntary donation to Atria Watford's chosen charity – Watford Mencap.

The Roller Disco is open from 11am-6pm Mondays to Saturday, and 11am-5pm on Sundays. Please note we are closed on Christmas Day & Boxing Day, and close at 4pm on Christmas Eve and New Years Eve.



Free Santa's Workshop - 11am - 4pm - Every weekend in December, families and friends can enjoy free Christmas activities with a little help from Santa's Elves at Santa's Workshop (located on the upper mall near River Island).



- Paper plate wreath decorating - 4th and 5th December
- Bauble decorating - 11th and 12th December
- Reindeer food making - 18th and 19th December

Meet the SWHP Team

Business & Senior Management Team



Carly Maddison
Business Manager

Carly.maddison@swhp.org.uk
07872 991558



Ella Young
Partnership Co-ordinator

Ella.y@swhp.org.uk
07872 991538



Dave Bell
Senior School Family Worker

Dave.b@swhp.org.uk
07872 991576

Allocated Schools

Bushey Heath
Queen's



Ella Deanus
Senior School Family Worker

Ella.d@swhp.org.uk
07872 991577

Allocated Schools

Fair Field
Rickmansworth Park
Rickmansworth School
St John's C of E

School Family Workers



Alison Barnes
School Family Worker

Alison.b@swhp.org.uk
07872 991559

Allocated Schools

Eastbury Farm	Field Junior
Little Reddings	Newberries
The Reach Free	
The Grange Academy	
Watford Field Infants	



Baljit Chhina
School Family Worker

Baljit.c@swhp.org.uk
07872 991535

Allocated Schools

Ascot Road	Central Primary
Chater Infant	Chater Junior
Holywell	Kingsway Infants
Kingsway Junior	Lanchester



Caroline Vine-Lott
School Family Worker

Caroline.v@swhp.org.uk
07872 991566

Allocated Schools

Breakspeare	Greenfields
Sacred Heart	St. Joseph's
St. Meryl	Watford Boys
Watford UTC	Woodhall
Meadow Wood	

Family Support Workers



Danielle Simeone
School Family Worker

Danielle.s@swhp.org.uk 07872 991571

Allocated Schools

Ashfield	Coates Way
Merry Hill	Parmiters
The Grove	Watford St John's



Debbie Greenfield
School Family Worker

Debbie.g@swhp.org.uk
07872 991561

Allocated Schools

Arnett Hills	Christ Church
Croxley Danes	Harvey Road
Holywell	Little Green
Malvern Way	The Russell
	Yorke Mead



Debbie Wingfield
School Family Worker

Debbie.w@swhp.org.uk
07872 991546

Allocated Schools

Bournehall	Maple Cross
Parkgate Infants	Parkgate Junior
Rickmansworth Park	Shepherd
St Clement Danes	St Joan of Arc
St John's Catholic	St Peters



Rebecca Lathwell
School Family Worker
Rebecca.l@swhp.org.uk

07872 991568

Allocated Schools

Futures Academy	Knutsford
Nascot Wood Infants	St Anthony's
St Catherine of Sienna	St Paul's
The Grove Academy	



Sam Ward
School Family Worker

Sam.w@swhp.org.uk
07872 991578

Allocated Schools

Alban Wood	Ashfield
Bushey & Oxhey Infant	Bushey Manor
Cassiobury Infant	Cassiobury Junior
Futures Academy	Holy Rood Catholic
The Grange Academy	Orchard