

EBSA Support

For Parents and Carers

2023-24



EBSA Support in Salford is available for children and young people who experience Emotional Barriers to School Attendance (EBSA). We understand EBSA can impact the whole family and following positive feedback, will be running parent/carers meetings again this year. We have also included information about other types of support for you and your child below.

EBSA Parent/Carer Meetings

An opportunity to meet other parents/ carers and families experiencing EBSA. The sessions are run by members of the Educational Psychology Service, CAMHS (Child and Adolescent Mental Health Service), SIASS (Salford Information, Advice and Support Service) and the Primary Inclusion Team (PIT). They are an opportunity to meet other families and to understand the support available for children and young people in Salford.

We are offering a mix of in person and virtual meetings on a monthly basis:

To book your place,
please email:
EPS@salford.gov.uk

- **Wednesday 22nd November 2023**, 9.30-11.30am @ Pendleton Gateway
- **Thursday 7th December 2023**, 9.30-11.30am @ Pendleton Gateway
- **Tuesday 16th January 2024**, 10am-12pm @ Broughton Hub
- **Wednesday 7th February 2024**, 10am- 12pm (Virtual, on Microsoft Teams)
- **Thursday 14th March 2024**, 1pm-2.30pm @ Pendleton Gateway
- **Wednesday 24th April 2024**, 10am- 12pm (Virtual, on Microsoft Teams)
- **Monday 13th May 2024**, 10am-12pm @ Eccles Gateway
- **Tuesday 11th June 2024**, 10am- 12pm (Virtual, on Microsoft Teams)
- **Monday 8th July 2024**, 10am-12pm @ Eccles Gateway

Early Help Hubs and Family Partnership Model

Early Help Practitioners are based at local family hubs and are there to support families. They use the evidence-based Salford Family Partnership Model. They work closely with other services and additional support can be offered with issues such as housing, finances, relationships and wellbeing.

Further information can be found here: <https://www.salford.gov.uk/children-and-families/early-help-for-families/family-hubs-childrens-centres/>

Salford Parent Assembly

Salford Parent Assembly is an open forum for parents and carers of children and young people, aged 0-25, who have special educational needs and/or disabilities (SEND) who live in Salford. The purpose of the group is to capture the voice and lived experiences of parents and carers of children and young people with SEND, to ensure their voices are listened to and incorporated into decision-making. If you wish to attend the next meeting please contact Steven Booth (SIASS Manager) at SIASS@salford.gov.uk

Online resources

Salford Thrive Webpages and Directory provide a single place for all local Emotional Health and Wellbeing related services. Click on the following links to find out more:

- [Resources](#)
- [Emotional Health and Wellbeing Directory](#)

Greater Manchester Best Practice Hub and Self Help Resources

Resources dedicated to Mental Health and free to download: [BEST-PRACTICE HUB – GMHSC](#) There are links to resources around worry and panic specifically: [Anxiety Self-Help Resources - Information Sheets, Worksheets & Workbooks \(health.wa.gov.au\)](#)

Mind are a national charity who provide advice and support to empower anyone experiencing a mental health problem

[Mind | Mind, the mental health charity - help for mental health problems](#)

Kooth provides a free, safe and anonymous online support for young people 7 days a week
<https://www.kooth.com>

MindShift is a free app designed to help teens and young adults cope with anxiety
<https://www.anxietybc.com/resources/mindshift-app>

Barriers to Education is a free online resource developed by Spectrum Gaming (an autistic community and advocacy group). The sections on anxiety and trauma, including ideas for support and recovery, were written with young people.

[Understanding Autism and Trauma | Autism Barriers to Education Trauma | Autism Barriers to Education](#)

Not Fine in School peer support and resources for parents/ carers, with a linked Facebook group [Not Fine in School - School Refusal, School Attendance](#)

Looking after your own wellbeing

There is support for a wide range of adult health and wellbeing needs through Salford's Health Improvement Team. If you'd like further information or help, fill in the [online referral form](#) or call free on 0800 952 1000. Their Facebook page can be found here: [Salford Health Improvement - Home | Facebook](#)

Qwell provides free mental wellbeing support for adults across the UK, and is the adult version of Kooth. Use this link to sign up: [Home - Qwell](#)

If you are struggling with your own mental health, please seek support from your GP. Self-referrals can also be made to talking therapy/counselling (anxiety, low mood) without the GP via www.selfhelpservices.co.uk