

Early Help for Children and Families at Meadows First School PARENTAL SUPPORT/EARLY HELP OFFER

The Early Help Offer (the Offer) is an approach not a service.

Our aim is to promote the safety, well-being and resilience of all children and their families, so that they are able to be safe, healthy and meet their true potential.

Our aim is to offer Early Help as soon as possible to children and families who require support. Every family has a right to access information to help them manage their lives successfully, and guide them to appropriate sources of support. Help can then be agreed as soon as concerns start to emerge.

The 'Offer' is for all children, as issues may arise at any point in a child or young person's life. It includes both universal and targeted /specialist services, to reduce or prevent concerns from growing or becoming entrenched

- We have a Pastoral Team who are able to work with children or families who are struggling with a range of difficulties or sign-post them on to appropriate agencies or organisations.
- Help is there when parents, children and young people need it 'nipping problems in the bud'
- Together we will find a way forward that is right for everyone.
- We work very closely with the family Support workers; they have a room in school where they welcome parents whenever the need arises.

At Meadows First School we recognise the challenges that families face in bringing up children. There may be times when you need extra help and support. If this is the case please come and talk to us. There are many ways in which we can help as outlined in this offer of early help. We can also help to plan specific support for families in the forms of My Plan, My Plan + and My Assessment where we can work together to set and achieve outcomes.

The diagram below shows the range of needs at different levels. We use this graduated approach to make sure we provide the best support for different families' individual situations.





Providing early help to our pupils and families at Meadows First School means we are more effective in promoting support as soon as we can. Early help means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to teenage years.

Our Team:

We have a team of individuals who work together to ensure all children at our school are kept safe and their needs effectively met. The school values Safeguarding training at all levels. The Designated Safeguarding Lead — Mrs S. Hewitt (head teacher), deputy DSLs — Mrs W Dwyer (Deputy Head), Miss Bailey (parent pastoral support lead) and Mrs H Dodman (SENDCo) all have Level 3 training and attend local safeguarding training and pods. All staff receive Safeguarding Training as part of their induction and training is updated regularly. The head teacher is also a Safeguarding Champion for Worcestershire, supporting schools with strengthening their safeguarding procedures.

The team work closely together and meet regularly to discuss the needs and provision in place for children and families. Through these meetings the team can discuss early signs of intervention needed for families and children, using concerns brought forward by teachers or parents as well as communications with other professionals. It is then that the assessment of Early Help can be carried out.

The school is signed up for Worcestershire Safeguarding Children's Boards' alerts keeping their knowledge and awareness of Safeguarding up to date and at the heart of their practice.

What Is On Offer

To ensure we support children's needs effectively, we offer a range of in school interventions that support children's needs in different ways ranging from developing self-esteem to simply just making time to talk. We have designated appropriately trained members of staff who deliver these interventions.

The school works with Children's Services to support families.

If the school are concerned they will contact the Family Front Door at the Children's Services.

The School uses the Thrive approach to supporting pupils' emotional well-being; Mrs Rowley and Mrs Dodman are qualified Thrive Practitioners. We also have a Thrive trained TA, Mrs White.

We also take children's well-being very seriously and children are aware of Meadows' Well-Being Wheel to support them in being happy.



As a school we recognise that early intervention is essential if we are to secure the best outcomes for our Children and their families. We will work together with:

■ Social care

🛮 Health care professionals e.g. Paediatricians and GPs.

☐ Educational psychology service

□ Community Social workers

□ Police

Advisory Teaching Service

☐ Virtual School

(please see appendix one for all agencies that offer support)



We will always ensure that the child is at the centre of all decisions made. We will follow the guidance set out in "Working Together To Safeguard Children" so that we fulfil our roles and responsibilities. When Early Help is successful; needs are identified early and proactive support and interventions are put into place before issues become more complex and reach a crisis point.

Communication

Our school operate an open door policy, where we provide opportunities for you to discuss children with their class teacher at the beginning and end of the day. If you need more time to discuss any worries or concerns with a member of staff, you may be asked to make an appointment. This can be done through the school office, by calling the school or emailing our admin team. Key personnel are listed below: We are always happy to help.

Key Personnel:

The Designated Safequarding Lead (DSL) is: Sue Hewitt

Contact details:

email: head@meadows.worcs.sch.uk Telephone: 01527 872508

The deputy DSLs are: Wendy Dwyer, Sarah Bailey and Hazel Dodman

Contact details:

email: wdwyer@meadows.worcs.sch.uk Telephone: 01527 872508

email: hdodman@meadows.worcs.sch.uk Telephone: 01527 872508

email: sbailey@meadows.worcs.sch.uk Telephone: 01527 872508

The nominated safeguarding governor is: _ Andi Lynch

Contact details:

email: alynch@meadows.worcs.sch.uk Telephone: 01527 872508

The Headteacher is:_Sue Hewitt

Contact details:

email: head@meadows.worcs.sch.uk Telephone: 01527 872508

The Chair of Governors is: Andi Lynch

Contact details:

email: alynch@meadows.worcs.sch.uk Telephone: 01527 872508



Child Sexual Exploitation

All staff at Meadows First School have been trained to identify early cases of child sexual exploitation. At school we use the CSE Screening tool if we have concerns.

Female Genital Mutilation

All staff have received training on FGM. Teachers know how to identify if a child may be at risk. They know the signs to look for and most importantly how to refer, following the schools safeguarding procedures.

At Meadows First School we meet the needs of our children through a variety of ways:

- Attendance
- Safequarding procedures
- Behaviour for Learning
- Pastoral Support
- SENCO
- Designated Safeguarding Lead (DSL)
- Curriculum including assemblies
- Health and Well-being programme.

In **Keeping Children Safe in Education** it makes it clear that ALL staff should be aware of their local early help process and understand their role in it. In addition, this statutory document makes it clear that any child may benefit from early help, but all school and college staff should be particularly alert to the potential need for early help for a child who:

- Is disabled and has specific additional needs;
- Has special educational needs (whether or not they have a statutory education, health care plan);
- Is a young carer;
- Is showing signs of being drawn in to anti-social or criminal behaviour, including gang involvement and association with organised crime groups;
- Is frequently missing/goes missing from care or from home;
- Is misusing drugs or alcohol themselves;
- Is at risk of modern slavery, trafficking or exploitation;
- Is in a family circumstance present challenges for the child; such as substance abuse, adult mental health problems or domestic abuse;
- Has returned home to their family from care;
- Is showing early signs of abuse and/or neglect;
- Is at risk of being radicalised or exploited;
- Is a privately fostered child.

Everyone needs help at some time in their lives and therefore an ethos of early help is important for any school The coordinated Meadows First School offer of Early Help is outlined in the table below. We believe that early interventions for children or families, in many cases, will prevent children from experiencing harm.

All Meadows First School staff must be aware of the school's offer of early help. At all times, staff should consider if there is any offer of early help that we can make in order to help a child thrive.

We also liaise with other agencies and people within the local community. In the table below are some National organisations that can support children, young people and their families



Appendix one

What is our Early Help Offer?	Early help guidance for professionals
	What is Early Help?
	Early Help means providing support as soon as a problem appears, to stop it from getting worse. This could be at any point in a child's life, from birth to the teenage years.
	Anyone can provide early help — you don't need to be an expert professional. Early help is not about passing the issue on to an expert, but thinking about what is the best support you can offer.
	You can provide effective support by:
	 listening working with other people who could help finding out about specialist agencies who could help filling out an <u>Early Help Assessment</u> with the person you are helping contacting <u>Children's Social Care</u> if you think the problem is more serious
	http://www.worcestershire.gov.uk/eha
	There is a lot of information and advice on the <u>Advice, Care, Health and Support pages</u> as well as detail of local services that can provide support for children, young people and families.
	Download: Worcestershire Special Educational Needs and Disabilities (SEND) strategy
The Front Door to Children's Services (Previously: Children's Helpdesk).	If a member of staff, parent/carer or member of the public thinks a child or young person is at immediate risk of significant harm they should contact the Family Front Door (FFD) — 01905 822 666 or in an emergency always call 999.
	Do not wait to discuss this with the DSL/DDSL but do report it afterwards.



MICCD (M)	
WSCB (Worcestershire	http://www.worcestershire.gov.uk/safeguardingchildren
Safeguarding Children's Board)	Important information for parents and professionals across
website.	Worcestershire in relation to keeping children safe and avenues of
	support including early help options. Everyone should know how to
	access this website which has all of the agreed Worcestershire
	safeguarding and child protection processes on it.
Universal source of help for all	Worcestershire Family Information Service (FIS)
families in Worcestershire:	advisors give impartial information on childcare , finances , parenting
Worcestershire Family	and education. FIS are a useful source of information for parents and
Information Service (FIS)	professionals. They support families, children and young people aged 0-19 years of age (25 for young people with additional needs) and
	professionals working with these families. They can help link parents up
	with other organisations that might be able to help or provide the information themselves.
	http://www.worcestershire.gov.uk/info/20507/childcare/1579/family info
	<u>rmation service</u>
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Home-school support	Home education is becoming an increasingly popular option for families
	in Worcestershire and we have a growing community that are able to
	offer each other support. Between us we have years of experience in
Worcestershire Home Education	educating children of all ages and are able to organise and put on a
Network	range of activities.We have a Worcestershire Home Educators Newsletter
	(WHEN) that lists all of the activities for the coming month and run a
	Worcestershire Home Educators Internet support list.
	Contact us on:
	info@worcestershire-home-educators.co.uk
5 (0 t) 0 ()	
E-safety (Online Safety)	Online Activity (phones, computers) can be a serious risk to children:
	The use of technology has become a significant component of many
	safeguarding issues. Child sexual exploitation; radicalisation; sexual
	predation – technology often provides the platform that facilitates harm.
	With the right support, education and safety measures in place the
	internet and new technologies can also bring great benefits but we must
	all be vigilant
	PACE (parents against child exploitation) UK is
	a useful website to engage parents with safety issues. www.paceuk.info/
	https://www.thinkuknow.co.uk/parents/ -
	This is the Child Exploitation and Online
	Protection (CEOP) Centre. It's a one stop shop for most information
	about online safety.
	https://www.thinkuknow.co.uk/teachers (excellent resources)
	· ·
	http://educateagainsthate.com/ - This is the
	government website to help parents and professionals understand the
	risks of children and young people being radicalised by extremists online
	and how to keep children safe from this.
	www.internetmatters.org — A great site for
	helping parents keep their children safe online.
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Mental Health	We have some useful self-help guides/leaflets available for you to access online. The guides are available for you to read online. The self-help
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guides can be accessed by typing the below link into your URL and selecting 'Self Help Guides': www.hacw.nhs.uk/a-to-z/letter-s/

Staying Safe

http://stayingsafe.net/

SANE

0845 767 800

Email: sanemail@org.uk www.sane.org.uk

Samaritans

116 123 (24 hour helpline)

www.samaritans.org.uk

Rethink Mental Illness

0300 5000 927

www.rethink.org

Mental Health Foundation

www.mentalhealth.org.uk

MIND

0300 123 3393 or text 86463 www.mind.org.uk

Anxiety UK

08444 775 774

www.anxietyuk.org.uk

Bullying (including cyberbullying)/ Child death/suicide/prevention

Cyberbullying is using the internet, email, online games or any digital technology to threaten, tease, upset or humiliate someone else.

If the police consider a message or post to be potentially criminal, they will take appropriate action. This could involve arresting the person responsible or interviewing them under caution. Cases involving sustained abuse or where someone's life is threatened will be treated seriously. The police will consider all of the circumstances when considering the best response to a report of cyber bullying. They will assess how vulnerable the victim is and what resources are required to trace the offender via social networking sites that often operate abroad and to different legislation. In certain cases it may be difficult to take action if the offender isn't in the UK. They will work with the victim to bring about the most suitable and proportionate conclusion, this will include alternative options that include the officer in the case using their



discretion and working with the offender to record an apology to the victim. Useful links **Bullying UK** Childline KidScape: Our resources provide information on issues surrounding bullying, online and personal safety. They can be used directly by young people and parents, as well as in the classroom within schools and youth organisations. https://www.kidscape.org.uk/resources-and-publications/ Hollie Guard-A new personal safety https://hollieguard.com/ APP Children & Teens Hollie Guard keeps your entire family safe. Keep an eye on your children while they're traveling to and from school with Journey. Teens can get help quickly while out with friends. Parents, guardians, and caregivers are automatically contacted by both SMS and email. Hate Crime A hate crime is a criminal offense whose motivation can be shown to be race, national origin, religion or sexual orientation. A difference of race alone is NOT sufficient to make it a hate crime. There would have to be evidence of racial slurs or racial statements in addition to the crime (this does not trivialise other serious offenses that are NOT hate crimes). Hate Crime: West Mercia Police: Email: contactus@westmercia.police.uk Emergency number: 999 Non-Emergency number: 101 report online to True Vision (opens in a new window) https://educateagainsthate.com/parents/ Call in at your local police station



Children with disabilities team (CWD)

The Children with Disabilities (CwD) Social Work Team provide services designed to meet the needs of children and young people who have complex disabilities.

The CwD Social Work Team is one of a range of services that can provide support to children and young people with disabilities and their families. Other services available are those provided by health, education, play and youth services as well as community resources provided by voluntary agencies.

The CwD team offer services to those children and young people requiring additional resources in respect of their disability, where the disability has a profound impact on the child or young person's life.

An assessment will be offered where the child has a condition which is substantial, long lasting or permanent, is a physical and/or learning disability or a life limiting, life threatening condition. These may include:

- severe learning disabilities
- severe physical disabilities
- severe developmental delay in motor and or cognitive functioning
- profound multiple disabilities
- severe sensory impairment (registered blind and/or profoundly deaf)
- complex and severe health problems that arise from the disability, that are life threatening, degenerative illness or organic disorder resulting in severe disability
- a diagnosis of Autistic Spectrum Condition with an associated learning disability and where the condition severely affects day to day functioning

SEN Services and Support Groups

- 9 Tea Cups (dairy free and gluten free baking)
- <u>autismlinks</u>

Links to events, services and information of use to families of people with Autism

- Autism in Worcestershire
 - ASPIE is a social self-help and motivation group for adults with Asperger's Syndrome. We provide a Centre in Worcester where Aspies feel welcome and accepted.
- Children's Centres. Find out what's happening at your local Children's Centre
- Council for Disabled Children
 A host of useful leaflets on SEND issues many in Easy
 Read format to help children understand



	Disability Information Advice Line (DIAL) Worcestershire
	Website of the disability advice line South Worcestershire; local info on: Mobility; Benefits and Finance; Carers Support and Respite; Community and Voluntary Support; Disabled Children's Services; Education and Employment; Health; Housing; Independent Living; Learning Disabilities; Legal Support; Leisure and Holidays; Mental Health; Mobility and Aids to Daily Living and Older People's Services • Learning Disabilities (opens in a new window) We work with people with learning disabilities, their families and the people who support them.
Child Criminal Exploitation (County Lines)	Here is some guidance for frontline professionals on dealing with county lines, part of the government's approach to ending gang violence and exploitation:
	https://www.gov.uk/government/publications/criminal-exploitation- of-children-and-vulnerable-adults-county-lines
	Children who are trafficked, exploited or coerced into committing crimes are victims in need of safeguarding and support. Though perceptions are altering these young people are still often criminalised and perceived as having 'made a choice' to take part in illegal activity.
	https://www.catch-22.org.uk/child-criminal-exploitation/
Child Sexual Exploitation (CSE)	West Midlands Safeguarding Children Procedures has a page dedicated to Child Sexual Exploitation. It provides information about child sexual exploitation, the roles and responsibilities of relevant agencies and the procedures practitioners should follow to ensure the safety and well-being of children and young people whom it is suspected have been sexually exploited or are at risk of sexual exploitation.
	Key facts about CSE
	 It affects both girls and boys and can happen in all communities. Any young person can be targeted but there are some particularly vulnerable groups: Looked After Children, Children Leaving Care and Children with Disabilities. Victims of CSE may also be trafficked (locally, nationally and internationally). Over 70% of adults involved in prostitution were sexually exploited as children or teenagers. Sexual violence or abuse against children represents a major public health and social welfare problem within UK



	society, affecting 16% of children under 16. That is approximately 2 million children.
	Documents
	 Appropriate Language: Child Sexual and/or Criminal Exploitation Guidance For Professionals (CSE Police and Prevention website, opens in a new window) Child Sexual Exploitation: Definition and a guide for practitioners (GOV.UK website, opens in a new window)
	Making a referral
	The Local Authority has a duty to make enquiries where a child may be suffering harm or neglect. If you think that a child may be at risk then you can let us know via the referral form linked below
	Useful Websites
	 Department for Education (Gov.uk) National Action Plan for Tackling Child Sexual Exploitation Parents Against Child Sexual Exploitation pace is the leading national charity working with parents and carers whose children are sexually exploited NSPCC definitions, statistics, facts and resources about CSE. NWG Network: Fighting against CSE and working to inform, educate and prevent child sexual abuse within the UK. Spotting The Signs of Child Sexual Exploitation: a 15 minute YouTube clip from Health Education England
Domestic violence	Here is a very helpful website for what do to in many different difficult situations: http://www.worcestershire.gov.uk/info/20379/domestic violence_and_sexual_abuse
	West Mercia Women's Aid: 0800 980 3331 0800 783 1359 helpline@westmerciawomensaid.org



Fabricated and induced illness (FII)	Fabricated or induced illness (FII) is a rare form of child abuse. It occurs when a parent or carer , exaggerates or deliberately causes symptoms of illness in the child. https://www.nhs.uk/conditions/Fabricated-or-induced-illness/
Faith abuse	Faith and belief-based child abuse, including practices around 'spirit possession' and 'witchcraft', is a hidden crime, which makes it difficult to quantify in terms of magnitude. However, from our own experience and in consultation with communities, we know this kind of abuse is under-reported. www.gov.uk/government/publications/national-actionplanto-tackle-child-abuse-linked-to-faith-or-belief Further contacts for advice can be found from the local representatives for some faiths.
	 An Exploration of Knowledge About Child Abuse Linked to Faith or Belief (2016) National Action Plan to Tackle Child Abuse Linked to Faith or Belief (2012) Safeguarding Children from Abuse Linked to a Belief in Spirit Possession (2007) this good practice guidance is archived but still available. Eleanor Stobart report 2006: Child Abuse Linked To Accusations of Possession And Witchcraft (2006) Unicef study report: Children Accused of Witchcraft AFRUCA: Africans Unite Against Child Abuse
Honour based violence (HBV)	Honour' based violence (HBV) occurs when perpetrators believe a relative or other individual has shamed or damaged a family's or community's 'honour' or reputation (known in some communities as izzat), and that the only way to redeem the damaged 'honour' is to punish and/or kill the individual. 'Honour' based violence is a term that is widely used to describe this sort of abuse however it is often referred to as so called 'honour' based violence because the concept of 'honour' is used by perpetrators to make excuses for their abuse. There is a very strong link between 'honour' based violence, forced marriage and domestic abuse. The term 'Honour Based Violence' is the internationally recognised term describing cultural justifications for violence and abuse.



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Honour Based Violence cuts across all cultures and communities: Turkish, Kurdish, Afghani, South Asian, African, Middle Eastern, South and Eastern European for example. This is not an exhaustive list. Where a culture is heavily male dominated, HBV may exist. The police have made it a high priority to help communities fight back to tackle both honour based violence and hate crime. The 'Honour Network Help line': 0800 5 999 247 Female Genital Mutilation (FGM) comprises all procedures
involving partial or total removal or the external female genitalia. FGM is illegal in the UK and as of October 2015 mandatory reporting commenced. If education staff or other professionals discovers that an act FGM appears to have been carried out on a girl under 18 years old there is a statutory (legal) duty on teachers for them PERSONALLY to report it to the police.
Read NHS information for signs of FGM. Any suspicion of FGM should be referred to the Police and social care. - Annalise Price-Thomas (Head of Service) has completed the online home office training, 'Female Genital Mutilation: Recognising and Preventing FGM - E-learning package- http://www.fgmelearning.co.uk/ for interested staff or professionals (free home office elearning)
UK Forced Marriage Unit fmu@fco.gov.uk Telephone: 020 7008 0151 Call 999 (police) in an emergency. Prevention Freedom Charity- Aneeta Prem 'But it's not fair' book. A book for teenagers looking at forced marriage from the point of view of school friends of the girl who went to India and didn't come back. This book promotes discussion. www.freedomcharity.org.uk The Freedom Charity (UK charity) have a helpline, text facility and app which can be downloaded to help to provide support and protection for victims of abuse, FGM or forced marriage. They can be contacted on tel: 0845 607 0133 or text 4freedom to 88802 or go to the website to download the app from the app page.
https://www.gov.uk/government/publications/violence-against-women-and-girls-evidence-digest-january-2018 FGM (Female Genital Mutilation) is violence against women and girls. Forced marriage and so called 'Honour' based violence are a violation against human rights and is a high priority area of the national and local Violence Against Women and Girls Agenda. It is, primarily an issue for young women and girls aged between 13 and 30 years. Hope House SARC (Sexual Assault Referral Centre): 01452 754390 www.onyourmindglos.nhs.uk for 'I've been raped or sexually assaulted' information.



Gender Identity Issues	The Gender Trust is a listening ear, a caring support and an information centre for anyone with any question concerning their gender identity, or whose loved one is struggling with gender identity issues. People who might be Transgender, Transsexual or people who do not identify with the gender they were assigned at birth or those who are simply unsure. Address: 76 The Ridgeway, Astwood Bank, B96 6LX tel: 0845 231 0505 www.gendertrust.org.uk
Private fostering	National Fostering Agency (NFA) Call on: 0808 284 9226 Kinship Care Kinship care means that relatives or friends look after children who cannot live with their parents. Visit this website for more information: http://www.worcestershire.gov.uk/privatefostering
Preventing Radicalisation and Extremism/HATE (PREVENT duty)	www.educateagainsthate.com is the government website providing information and practical advice for parents, teachers and school leaders on protecting children from radicalisation and extremism. Anti-Terrorist Hotline: tel 0800 789 321 also be raised by email to the Home office: counter.extremism@education.gsi.gov.uk. Let's talk about it is an excellent website for parents: www.ltai.info/ as is www.preventtragedies.co.uk While it remains very rare for school age children to become involved in extremist activity to the point of committing criminal acts, young people can be exposed to extremist influences or prejudiced views, including via the internet, from an early age. As with other forms of criminality or risk of harm, early intervention is always preferable. Schools, working with other local partners, families and communities, can help support pupils who may be vulnerable as part of wider safeguarding responsibilities.
Sexting/Sextortion/youth produced imagery	https://www.westmercia.police.uk/article/8206/Sexting (West Mercia Police website)
Children Missing in Education (CME)	Children Missing Education (CME) refers to 'any child of compulsory school age who is not registered at any formally approved education activity eg school, alternative provision, elective home education, and has been out of education provision for at least 4 weeks'. CME also includes those children who are missing (family whereabouts unknown), and are usually children who are registered on a school roll / alternative provision. This might be a child who is not at their last known address and either has not taken up an allocated school place as expected, or has 10 or more days of continuous absence from school without explanation, or left school suddenly and the destination is unknown. This is the link for Children Missing Education on the Worcestershire website



	https://www.worcestershire.gov.uk/WCFEducationServices/info/30/education-welfare-service
Children with family members in prison	Approximately 200,000 children have a parent sent to prison each year. These children are at risk of poor outcomes including poverty, stigma, isolation and poor mental health. NICCO (www.nicco.org.uk) provides information to support professionals working with offenders and their children to help mitigate the negative consequences for these children.
Children and the court system	Children are sometimes required to give evidence in courts, either for crimes committed against them or for crimes they have witnessed. There are two guides to support these children which can be found at www.gov.uk (young witness booklet for 5 to 11 year olds) which is a pdf. There is also a document called "going to court and being a witness age 12 to 17" which is also found at www.gov.uk . Making family arrangements via court can be stressful and entrench conflict in families. The ministry of Justice has just launched an online dispute resolution service. This can be useful to parents and carers. Got to www.gov.uk and search for "get help with arrangements."
Stalking	General Advice: If it doesn't feel right it probably isn't! Seek support from trusted family/friends Report to the police and do this early Keep a diary in a secure location Screenshot emails etc and save them Photograph/video your stalker if safely possible. Get advice: Hollie Gazzard Trust, Paladin etc Tighten security; home, work and on-line National Stalking Helpline For advice and support. The helpline will operate a triage service for local support and make referrals -Phone: 0808 802 0300 Website: www.stalkinghelpline.org Email: advice@stalkinghelpline.org Paladin: National Stalking Advocacy Service For advice and referral. Phone line: 020 3866 4107 Email: info@paladinservice.co.uk Website: www.paladinservice.co.uk/
Sexual violence and sexual harassment between children in schools and colleges	Hollie Gazzard Trust https://holliegazzard.org/ Here is advice from the WCC webpage: http://www.worcestershire.gov.uk/info/20379/domestic abuse an d sexual violence/886/sexual violence and abuse West Mercia Rape and Sexual Abuse Support Centre: https://www.wmrsasc.org.uk/ 01905 724 514