

Schools' Transition Support in City & Hackney Summer 2020 (COVID-19 adapted offer)

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The resources listed here are a compilation of services in City & Hackney and relevant documents specifically to support students around the transition point to secondary school, or the transition back to school, directed to schools and parents/carers of school aged children,

This is not an exhaustive list of all resources available, but a directory to signpost parents/carers and schools who might be seeking support around the transition back to school amidst the COVID-19 crisis.

If you have any comments or see any information that is inaccurate please contact: maria.garciaedo@nhs.net

Universal Offer:

For schools:

- **Kooth's offer Virtual Presentation to Y6 students:** During this potentially very challenging time in their lives, Kooth can provide Year 6 students an alternative safe space to talk about anything that might be bothering them. Kooth's team members will be there to support young people and help them prepare for returning to school and starting Year 7 in September.

The presentations can be delivered in one of two ways:

1. To a classroom of young people via a Zoom call with their teacher.
2. A Zoom link sent to all students not returning to school to watch the presentation from home (*teacher must be present - no audio/visual for students - no chat function)

Organise a session: if you wish to organise a session for your school please contact Matthew Cowlam (mcowlam@xenzone.com – 07538395501)

- **Transitions Passport:** The transitions passport is a tool that you can use with your Y6 students to support them with transitioning to secondary school. The Transitions Passport is a tool which has been designed jointly by Health and Education, following evidence base from EHCPlans.

The aim of the passport is to offer young people the opportunity to reflect and share their worries around transitions, as well as about their strengths and the ways in which they like to receive help. At the same time, the passport is a tool for schools to identify students who might need extra support around transitions, and it gives personalised information on how to better offer that help.

These passports can be linked to SEND in schools and used when in consultation with CAMHS clinicians in schools, re-engagement unit, mental health support teams, etc.

Download passport and lesson plan: <https://cityandhackneycamhs.org.uk/resource/>

For parents:

- **Workshops for parents/carers of Y6 students:** The Mental Health Teams in Schools are offering a four-session workshop on managing anxieties as children progress from primary to secondary school. The sessions will provide general support and advice about the transition, taking into account the potential impact of the current pandemic on children, schools, parents and carers.

Closing Date for referrals is Friday June 26th. Groups to start on the week beginning Monday 6th July.

Book a place: To apply for a place or to find out more please email elft.mhst.referrals@nhs.net or telephone on 07584553617

- **Young Hackney Summer Offer:** Young Hackney will be offering sessions for Y6 students transitioning to Y7 during the summer. The sessions will be either delivered as an online live video or pre-recorded. The sessions will cover generic themes around transitions, managing worries, first day, managing conflict, asking for help...

The sessions would normally take place in the Young Hackney hubs but during COVID-19 they will be delivered virtually. The plan is to offer parent drop in sessions as well as part of the offer to young people.

Dates: to be confirmed

How to access: Detailed information will be shared through Young Hackney summer programme/website and it will be open to all Y6 students (<https://www.younghackney.org/>)

Targeted Offer:

Culturally specific offer:

- **Growing Minds:** Growing Minds is a service that offers support to young people aged 9 to 25 from the African and Caribbean (and mixed) Heritage Community. The service uses a community in reach approach to create fairer systems, services and support during the important transition years from primary to secondary school and from secondary school to adulthood. Community leaders and health professionals work together to offer children and parents one to one or group support, using a holistic whole-family approach.

Make a referral: to refer a young person please complete the referral form on the [website](#)

Offer for young people with autism, special education needs or disabilities:

- **Online Forum for Y6 children with Autism:** The Inclusion and Specialist Support Team at Hackney Learning Trust are setting up an online forum for year 6 children who have Autism.

The forum aims to offer children the opportunity, during these uncertain and disconnected time to: be heard, connect with children across Hackney, take part in a regular speaking and listening activity and to feel empowered to contribute to decision making.

To support safeguarding and confidentiality, we ask that a parent will be present, although we would also like to ask that only children participate in the conversations.

Book a place: Please get in touch with Lydia or Robert (Lydia.Scaletti@learningtrust.co.uk - 0208 8207015) by Thursday 21st June to book a place for your child.

- **Targeted Health Outreach Service (Hackney Ark):** The Targeted Health Outreach Service is a small team that supports young people with disabilities in Hackney, who are not eligible for social care services, to improve their health & wellbeing. Our service is targeted at young people with disabilities aged 14 – 19 years, who are **not** eligible for children or adults disability services and do **not** have dedicated support from professional services such as social workers.

The service can support young people with learning or physical disability to transition from secondary school to college, offer both 1:1 support and group work focussing on health and wellbeing topics including; fitness and health, personal safety, independent living skills, healthy eating, sexual health etc.

Make a referral: E-mail: huh-tr.tho@nhs.net Tel: 0207 014 7176

- **HIP Groups for children with SEND:** HiP is an independent forum for parents and carers of children with disabilities in Hackney. The first group will take place 2nd July. The group will be focused on year 6 transition, with a possibility for a further group from early years.

Get in touch: Email info@hiphackney.org.uk Tel: 07985 739851

Offer for identified vulnerable children and young people:

- **First Steps & Hackney Quest Y6-Y7 Summer Workshops:** Summer groups for young people who have been identified by services as vulnerable and who are feeling anxious about transition.

Young people are identified through First steps caseload as well as young people known to Hackney Quest. Students can also be identified in schools through the use of the transitions passport, and referred on to First Steps for the group.

The group includes two sessions with the young people and one with parents/carers. The number of places available is small and allocations are based on those identified as most in need for the service.

Contacts: Lara at First Steps (0207 014 7135) / Colette at Hackney Quest (0208 533 5480)

- **Young Hackney:** Different levels of support in schools
 - Y6 support for schools – 9 primary schools have taken part in the Nov-Jul workshops this past course, involving 16 young people per school. The last two sessions will be completed virtually. Y7 destinations are identified and support is in place liaising with receiving school.
 - One to one YH offer – any school/agency can refer to YH for one to one support. Currently there are around 20-30 young people accessing support who are Y6 and transition work is part of the individual support. Individual work is planned to continue until October to ensure successful transitions. This offer is also available for young people transitioning to college or further education.
 - Young Hackney link worker in every secondary school – schools can make referrals for individuals and groups. There is a Y7 targeted offer for groups up to 10 young people who might be struggling with transition.

Contact: Jamie Cutler (Jamie.cutler@hackney.gov.uk)

Website: <https://www.younghackney.org/>

- **The Re-engagement Unit** (Hackney Learning Trust): The re-engagement unit works with groups of young people who have been identified by schools as vulnerable, as well as with their parents. They offer group intervention with Y6 students and their parents, and they will be able to offer continued support for those students who are entering Y7 in their secondary schools. The re-engagement unit is a traded service and is currently available to those schools who commission their services.

Contact: Nicky Pailing, Re-engagement Unit Manager (nicky.pailing@learningtrust.co.uk)

Telephone: 020 8820 7133 / 07717 581394

Website: <https://www.learningtrust.co.uk/content/re-engagement-unit>

Useful Toolkits and Relevant Literature

- **The Anna Freud Centre –**
 1. [Managing the transition back to school](https://www.annafreud.org/media/11727/managing-transition-back-to-school-jun2020.pdf) addresses some of what the research tells us about the challenges faced by children and young people during the coronavirus crisis, and looks towards preparation and support to be implemented now and once children and young people return to school.
<https://www.annafreud.org/media/11727/managing-transition-back-to-school-jun2020.pdf>
 2. [Managing unexpected endings and transitions](https://www.annafreud.org/media/11610/managing-unexpected-endings-transitions-may2020.pdf): A practical guide to support pupils and students to manage change during periods of disruption. This guide looks at what the evidence tells us about unplanned endings and transitions. We also include a list of approaches to help children and young people who may be feeling a sense of loss as they face up to changes that they may not have been able to process.
<https://www.annafreud.org/media/11610/managing-unexpected-endings-transitions-may2020.pdf>

- **A Space:** A space to talk about... Moving on from Primary School is a resource to support young people who are getting ready to start secondary school. It contains a series of worksheets to help young people think ahead and prepare for this change.

Access the resource here: [link](#)

- **The British Psychological Society:** Guidance - Back to school: Using psychological perspectives to support re-engagement and recovery.

Read the article: [link](#)

- **Young Minds:** Young Minds have lots of resources to support schools, parents and students around transitions.

Access their resources: [website](#)

- **The City & Hackney Mental Health Support Team:** The team have written a document to support schools to think carefully about the emotional impact of recent closures on young people. This aims to offer a way of thinking about re-integration planning that fosters resilience and wellbeing.

Read the document: [link](#)