



## Bright Futures - Support for Families with Children 5-19 Years Old

Hi, my name is Danielle Sweeting, I am one of the Education Support Practitioners for Bright Futures. I wanted to introduce myself as I will soon be a familiar face working at Central Foundation Boys School (CFBS). My involvement at CFBS will be as the Bright Futures School Link Worker.

Bright Futures, the Islington Early Help Service (previously known as Families First), offers a range of support to Islington families with children/young people aged 5-19 years old, within schools and the local community.

I am linking with CFBS to help students and their parents/carers access family support. The support will be flexible and tailored to the needs of students and their families.

The aim of my involvement will be to support students and families as soon as any concerns or difficulties arise, to help resolve things as soon as possible. No issue is too big or too small, so feel free to come and have a chat with me!

I am based at CFBS on alternate Mondays (bi-weekly). Should you wish to meet with me, please request for your Child's Head of Year to book an appointment with myself for 1-2-1 meetings or feel free to attend any events/coffee mornings that I run (these will be circulated in due time).

### Some ways I can help:

Everybody needs a little help sometimes. If you're feeling worried about your child or would like to make a change in your life, Bright Futures is here for you and your family:

- Advice and guidance with parenting or familial conflict.





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- Help with your child’s education and learning.
- Support around health and wellbeing.
- Support and guidance with benefits, employment, and training.
- Help connecting with/accessing support within the local community.
- Or just a friendly chat!

I am planning to run workshops, coffee mornings, and drop-in sessions at school for students, parents and staff. However, I wanted to find out what kind of support you would be interested in receiving, to ensure the sessions are helpful. I would love to hear your ideas around what would be useful for me to cover and how you would like this to be delivered. If possible, please complete the short survey attached.

### What would you like help with?

If you have a few spare minutes, I would really appreciate your help in completing the below short survey:

1. What do you think the challenges or issues for students, parents and families are?

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2. What kind of support would be helpful for students and parents with these challenges?

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3. Would you be interested in workshops or coffee mornings on the below topics (please tick):

- Health and wellbeing - please give detail:



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- Parenting support / managing challenging behaviour.
  - Supporting your child with their learning.
  - Benefit, employment, and training advice.
  - Other ideas – please give detail:
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4. Would you be happy to come to the school for coffee mornings or workshops? Y or N? If no, where would be good in the community to have these?

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5. I would love to hear your ideas and comments so please let me know anything else you would like help with or have questions about

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**Thank you for your time and I look forward to meeting you!**

Please leave this short survey at the school reception for my attention.