



### Useful contacts:

**Barking and  
Dagenham Direct**  
0208 215 3000

**National Domestic  
Abuse helpline**  
0808200247

**"Parents and families  
sometimes need  
extra support,  
advice or information  
to help them enable  
their children to be  
successful learners  
at school"**

#### **Family Hubs**

Are centres which have been developed to support families with young children and young people aged 0-19 years to receive early help/ support and overcome a range of difficulties and build stronger relationships with their communities.

**Family hubs** have a team of **Family Navigators** who are physically present in the hubs.

#### **Where to find us-**

**Barking Learning Centre**  
FamilyN@lbbd.gov.uk  
02082275600  
9.30-4.30

#### **Barking and Dagenham Improving access to Psychological Therapies (IAPT)**

Barking & Dagenham IAPT is a free NHS service which offers help to learn new ways to cope with everyday pressures or unexpected events which leave you feeling a little or very low in mood or anxious.

0300300-1554 option3 Mon-Fri 9-5pm

bdtalkingtherapies@nelft.nhs.uk

For urgent support contact your GP, Mental health

direct 0800 995 1000 (24hrs)

Samaritans 116123 (24hrs )

#### **Barking Citizens Advice Bureau**

020 8594 6715

### **Family Liaison Practitioners at Gascoigne Primary School.**



**Kelly McKinnon**



**Marie Attard**

### How do we work?

We offer emotional and practical support to parents, carers and families.

For convenience we can meet with parents in their own home, out in the community or at the school.

### How Can We Help?

**We provide support, advice and help on a variety of subjects which may include:**

Support with improving attendance, managing behaviour, creating routines and developing positive family relationships.

Support for pupils who have moved from one learning environment to another or are finding school challenging.

Sign-posting or accompanying parents and young people to other services in the local area.

Assisting parents in finding work or training opportunities and organising groups to enable parents to support their children's learning potential.

To help support parents and families through challenging and difficult times.

### How to Find us

If you would like to contact a member of the team you can email the team directly or call on the numbers below:

**FLP@gascoigne.co.uk**

**Kelly - 07951 898 669**

**kmckinnon@gascoigne.co.uk**

**Working Hours 8:00 a.m.— 4:00 p.m.**

**Tuesday— Friday**

**Marie - 07496 473 838**

**mattard@gascoigne.co.uk**

**Working Hours 8:00 a.m.— 4:00 p.m.**

**Monday— Friday**



At all other times  
please leave a message  
and we will get back to you.

You can also contact the office to make an appointment.

### Confidentiality

Any information that is shared will be treated as confidential

This means your information will not be shared with anyone else without your permission, *except* if we believe a child/person to be at risk .

Gascoigne Primary school recognises that there are families who may need support in a number of different areas.

As well as families who need information and advice. We are here to work with any parents/ carers and families who feel they could use advice and support

Or

just a listening ear!

We have notice boards located around the school. Please refer to them for any sessions/groups that may be available, local community information and relevant updates etc.