

## Our Academies in Derby

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Cavendish Close Junior - 01332 672338  
[info@cavendish.theharmonytrust.org](mailto:info@cavendish.theharmonytrust.org)

Village Primary - 01332 766492  
[info@village.theharmonytrust.org](mailto:info@village.theharmonytrust.org)

Reigate Park Primary - 01332 298969  
[info@reigate.theharmonytrust.org](mailto:info@reigate.theharmonytrust.org)

Ash Croft Primary - 01332 764160  
[info@ashcroft.theharmonytrust.org](mailto:info@ashcroft.theharmonytrust.org)

Cottons Farm Primary - 01332 771370  
[info@cottonsfarm.theharmonytrust.org](mailto:info@cottonsfarm.theharmonytrust.org)

Alvaston Junior - 01332 571321  
[info@alvaston.theharmonytrust.org](mailto:info@alvaston.theharmonytrust.org)

Lakeside Primary - 01332 571485  
[info@lakeside.theharmonytrust.org](mailto:info@lakeside.theharmonytrust.org)

Hackwood Primary - 01332 985466  
[info@hackwood.theharmonytrust.org](mailto:info@hackwood.theharmonytrust.org)

Carlyle Infant & Nursery - 01332 760369  
[info@carlyle.theharmonytrust.org](mailto:info@carlyle.theharmonytrust.org)



## How to contact the FST

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Family Support Team Office  
Village Primary Academy  
155 Village Street  
Derby  
DE23 8DF

Phone: 01332 766492

Email:

[pdowd01@theharmonytrust.org](mailto:pdowd01@theharmonytrust.org)

# Welcome to Your Family Support Team (FST)

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**THE HARMONY TRUST**  
BELIEVE • ACHIEVE • SUCCEED

*Improving Outcomes for Children*



#### What is Family Support?

It's true what they say, "children don't come with a handbook", and I totally agree, nor do they have an off switch when we are feeling overwhelmed as parents. Children are very rewarding but can be hard work. It's ok to admit you are struggling as a parent and this does not mean you have failed yourself or your child. What it probably does mean, is you could do with some advice and tips on how best to support your child through whatever it is they may be struggling with.

#### What we can do for you...

Our service can offer the following;-

- Telephone or one to one support.
- In school direct work with your child to support with behaviours, worries, bereavement, social skills and many more.
- Direct work with parents to support their parenting in the home.
- A 6 week free child behaviour management provision for parents to offer help, guidance and ideas for sustainable changes making yours, your child's and your families home life more manageable and happy!
- An holistic whole school approach ensuring you feel supported by FST, your child's teacher and the school senior leadership team.
- Help and support for domestic violence and abuse—remember this can include, but is not limited to, the following: emotional, physical, sexual, coercive, financial, harassment and stalking and online or digital abuse.
- Supporting you to access others services such as benefit welfare check, housing issues, adult education, counselling services, and health services.
- And much, much more, just ask!

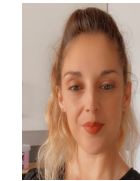
#### Meet the team...



Hi, my name is **Paula Dowd**, I am the Family Support Manager. I believe it is a strength to be able to ask for help and as such, myself and the team are passionate about helping you to make positive and sustainable changes for your family.

Between us, we have a vast amount of experience working with children and their families from babies to teenagers meaning we can offer you, your child and your immediate family a great level of support. If you're not sure if we can help, then please just ask for a phone call through the reception of your school and we will be happy to help. We look forward to hearing from you!

Hi, my name is **Mel Squire**. I am the new Family Support Worker. You will see me out and about at all of the academies.



Please give me a wave and say 'Hi'. I am more than happy to chat about anything you may need support with. I have worked with children and their families for many years in a variety of roles including: nursery nurse, SENDCO, preschool manager, safeguarding lead and teaching assistant. If you need a

casual chat or would like to arrange a meeting with me you can ask your academy staff to contact me and I will get in touch with you as soon as I can. I'm here to help parents, carers and children in any way that I can.



*Happy Children, Happy Parents, Happy Life*