

# Family Support



**Calling all parents and carers.**

Are you concerned about your child's behaviour at home?  
Would you like practical support with bed time /sleep issues, meal time difficulties, boundaries, rewards, behaviour or routine?

Would it help you to know what is available for parents and children locally but don't know where to start?

Would you like support for your child following a recent family difficulty, e.g. bereavement/loss, relationship breakdown, adjustment to moving house, step-parent etc?

We may be able to offer you help and support through our Family Support worker.



## Self Referral Form



Hi,

My name is Amanda Coates and I am the Family Support Worker for Lancaster Road Primary School. I have 10 years experience of working in the NHS helping to support people through difficult times. I am a mum of 2 girls and live with my husband of 10 years. I started with Lancaster Road September 2015 and am very much enjoying my role here. I offer a wide range of support to families including support with bedtime/sleep issues, difficulties at meal times. I support parents to feel confident in dealing with meltdowns/tantrums and practical support with implementing boundaries, rewards etc. I also work closely with a number of local services including: School nurse, finance, housing, budgeting, family support, mental health services etc . I provide a confidential service and can offer support on a :

- One to one basis
- Cool, Calm and Collected Course ( Dates on school website and newsletters)
- Coffee morning drop in service (Dates on school website and newsletters)

*Everyone needs a little bit of support sometimes.....*

If you feel this may be of help to you please ask to speak to me at the school office or complete the self referral form and post it in the school post box. My working days are Monday, Tuesday, Wednesday and Thursday.

### Family Support - How Do I refer?

Please either pop into school and we can make an appointment, complete this form and post through the school post box, or contact Amanda Coates on:

Telephone:

01524 410914/07960301379

Email: [a.coates@lancsroad.lancs.sch.uk](mailto:a.coates@lancsroad.lancs.sch.uk)

### Your Details:

Name: .....

Date of Birth:.....

Child/Children's names: .....

Contact number: .....

Can a message be left Y/N?

Interpreter required? .....

Spoken Language? .....