



# Reducing Barriers to Education and Attendance (RBTE) Support For Parents and Carers 2025-26

Support in Salford is available for children and young people who experience emotional barriers to attendance/ accessing education. We understand that attendance difficulties are stressful for the whole family and, following positive feedback, will be running parent/carers meetings again this year. We have also included information about other types of support for you and your child below.

## Parent/Carer drop in meetings

An opportunity to meet other parents/ carers whose children experience barriers to attendance/ education. The sessions are run by members of the Educational Psychology Service and Salford Parent/Carer Forum. It is an opportunity to meet other parents/carers for open discussion where information about support available for children and young people in Salford is shared. The sessions are relaxed and welcoming, there is no expectation to turn on your camera or talk unless you want to.

**Parents who have attended tell us :** “I have found these sessions really supportive”, “It was useful to meet the professionals and services involved” and they appreciated “feeling a sense of not being alone”.

To book your place, please email  
**EPS@salford.gov.uk**

| Date                                    | Time      | Where                       |
|---|-----------|-----------------------------|
| Tuesday 23 <sup>rd</sup> September 2025 | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 15th October 2025             | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 12th November 2025            | 7pm - 8pm | Virtual, on Microsoft Teams |
| Thursday 11 <sup>th</sup> December 2025 | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 14th January 2026             | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 11th February 2026            | 7pm- 8pm  | Virtual, on Microsoft Teams |
| Monday 9th March 2026                   | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 1st April 2026                | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 6th May 2026                  | 7pm - 8pm | Virtual, on Microsoft Teams |
| Wednesday 10th June 2026                | 10am-12pm | Virtual, on Microsoft Teams |
| Wednesday 8th July 2026                 | 10am-12pm | Virtual, on Microsoft Teams |

### Early Help Hubs and Family Partnership Model

Early Help Practitioners are based at local family hubs and are there to support families. They use the evidence-based Salford Family Partnership Model. They work closely with other services and additional support can be offered with issues such as housing, finances, relationships and wellbeing. Further information can be found here: <https://www.salford.gov.uk/children-and-families/early-help-for-families/family-hubs-childrens-centres/>

### Salford Parent Carer Forum

The Salford Parent Carer Forum is a parent/carer-led forum, run by volunteers who have lived experience of having a child or children with Special Educational Needs and/or Disabilities (SEND) and understand the difficulties and challenges faced by families. The Forum offers a regular programme of events to inform and empower parent carers, to hear their views and lived experiences, and to build a community of SEND support in Salford. This includes monthly Walk and Talks, drop-ins, coffee mornings, well-being sessions and an annual SEND information Day.

Find out more here: <https://salfordpcf.com/>

Facebook: [https://www.facebook.com/SalfordPCF/?locale=en\\_GB](https://www.facebook.com/SalfordPCF/?locale=en_GB)

### Salford Parent Assembly

Salford Parent Assembly is an open forum for parents and carers of children and young people, aged 0-25, who have SEND and live in Salford. The purpose of the group is to capture the voice and lived experiences of parents and carers of children and young people with SEND, to ensure their voices are listened to and incorporated into decision-making. The meeting dates and topics are below, they will include an overview of support available and a Q&A. If you wish to attend please contact: [info@salfordpcf.com](mailto:info@salfordpcf.com)

- Monday 22nd September – What support is available in schools (SEND Leader Team)
- Monday 10th November – Parent Carer Well-being: Looking after you too! (CAMHS)
- Monday 12th January – Reducing Barriers to Education (EP Service)
- Monday 16th March – Local Offer: What it is and where can I find out more
- Monday 16th June – Transitions: Supporting your child through change (EP Service)

### Online resources

More information about attendance support in Salford can be found on our Padlet. This includes the **Early Identification of Needs Tool (EINT)** which we have created with parents and young people to gather their views around attendance barriers and can be used with your child's school or college:

<https://padlet.com/emotionallyfriendlysettings/reducing-barriers-to-education-information-guidance-and-supp-gcjcOgoOgehws8>



Padlet - all resources

**Barriers to Education** is a free online resource developed by Spectrum Gaming (an autistic community and advocacy group) with psychologists, parents/carers and young people with lived experience of attendance barriers.

More information can be found here: <https://barrierstoeducation.co.uk/>

Guidance to support neurodivergent young people manage anxiety and trauma (written with young people) can be found here: <https://www.spectrumgaming.net/resources>



Salford Thrive Webpages and Directory provide a single place for all local Emotional Health and Wellbeing related services: <https://www.partnersinsalford.org/salford-0-25-advisory-board/salford-thrive-ehwb/>

Greater Manchester Best Practice Hub and Self Help Resources dedicated to mental health and free to download. There are links to resources around worry and panic specifically: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

Kooth provides a Free, safe and anonymous online support for young people 7 days a week <https://www.kooth.com>

MindShift is a free app designed to help teens and young adults cope with anxiety: <https://www.anxietybc.com/resources/mindshift-app>

Mind are a national charity who provide advice and support to empower anyone experiencing a mental health problem: <https://www.mind.org.uk/>

Not Fine in School provides peer support and resources for parents/ carers, with a linked Facebook group: <https://notfineinschool.co.uk/>

## Looking after your own wellbeing

There is support for a wide range of adult health and wellbeing needs through **Salford's Health Improvement Team**. If you'd like further information or help, fill in the contact form here: [https://contactus.salford.gov.uk/?formtype=HEALTH\\_IMR](https://contactus.salford.gov.uk/?formtype=HEALTH_IMR) or call free on 0800 952 1000 or see their [Facebook](#) page.

**Qwell** provides free mental wellbeing support for adults across the UK, and is the adult version of Kooth. Use this link to sign up: <https://www.qwell.io/>

If you are struggling with your own mental health, please seek support from your GP. **Self-help** is also available from <https://gm.silvercloudhealth.com/signup/>.

## Key messages and principles

1. Can't, not won't – children do well if they can.
2. Preventing and responding to attendance difficulties needs to be a whole school approach. Early intervention is key.
3. Support first. Build trust and work with families.
4. Prioritise wellbeing and address wider wellbeing needs (belonging, friendships, self identity) – this supports access to learning.
5. Children and young people's views need to be central, and plans needs to be agreed at their pace.



**Wellbeing First**



**Affirming Practice**



**Relational Approach**



**Mutual Understanding & Partnership**



**Timely Response**



**Holistic Support**