

# Family Outreach Programme

Quick Family Guide for Parents and Carers

If school, mornings, routines, emotions or family stress are feeling difficult, KSAF may be able to help. We offer early support for families. You are not in trouble. We work with you, your child and the professional involved to understand what is happening and agree simple next steps.

## What we can help with

- Missing school or finding school hard.
- Difficult mornings, sleep or routines.
- Anxiety, low mood or low confidence.
- Stress at home that is affecting school.

## What we will do

- Listen carefully and understand the full picture.
- Work with you in a respectful way.
- Agree small goals that feel possible.
- Keep communication clear and simple.

## Helpful to have ready

- Your child's name, age and school.
- The main worry right now.
- What has already been tried.
- Any other professionals involved.

## How KSAF support works



## What happens next?

- A professional talks to you about KSAF and asks for consent.
- A referral is sent with details about your child and family.
- KSAF reviews the information and agrees next steps.
- We keep you informed and work with you respectfully.

## Important to know

KSAF is an early help and family support service. We are not an emergency service, crisis service, therapy service or replacement for school, health, police or Children's Social Care. If a child may be at immediate risk, contact the right emergency or safeguarding service without delay.

**Call: 01795 504355 | Email: [info@ksaf.uk](mailto:info@ksaf.uk) | Safeguarding: [safeguarding@ksaf.uk](mailto:safeguarding@ksaf.uk) | Web: [www.ksaf.uk/family-outreach](http://www.ksaf.uk/family-outreach)**