



# Reducing Barriers to Education and Attendance (RBTE) Support For Parents and Carers 2026-27

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, Salford Parent/Carer Forum, parent/carers with lived experience and guests from multi-agency teams . 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”.

## Parent/Carer drop in dates and times

- Wednesday 16<sup>th</sup> September 2026, 7-8pm
- Wednesday 14<sup>th</sup> October 2026, 10am-12pm
- Wednesday 11<sup>th</sup> November 2026, 10am-12pm
- Wednesday 9<sup>th</sup> December 2026, 10am-12pm
- Wednesday 13<sup>th</sup> January 2027, 10am-12pm
- Wednesday 10<sup>th</sup> February 2027, 7-8pm
- Wednesday 10<sup>th</sup> March 2027, 10am-12pm
- Wednesday 21<sup>st</sup> April 2027, 10am-12pm
- Wednesday 12<sup>th</sup> May 2027, 10am-12pm
- Wednesday 9<sup>th</sup> June 2027, 7-8pm
- Wednesday 7<sup>th</sup> July 2027, 10am-12pm

To book your place, please email  
[EPS@salford.gov.uk](mailto:EPS@salford.gov.uk)

## Further resources

[Reducing Barriers to Education](#)

padlet contains a wide range of information, guidance and support

Visit the webpage via the link above or by scanning the QR code:



## 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: [Early Help Family Hubs](#)

## 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 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/> or [Salford PCF Facebook](#)

## 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 email [admin@salfordpcf.com](mailto:admin@salfordpcf.com)

- Tuesday 8<sup>th</sup> September – SEND Support in School – What is available for my child
- Tuesday 13<sup>th</sup> October – Introduction to SIASS: Who are we, what we do & how we can help
- Tuesday 10<sup>th</sup> November – Preparation for Adult Life & Post 16: Giving our young people the skills to thrive
- Tuesday 8<sup>th</sup> December – Welcome to CAMHS: Supporting the mental health of our children and young people
- Tuesday 12<sup>th</sup> January – Short Break Care: What is it?
- Tuesday 9<sup>th</sup> March – Introduction to SALT: Supporting our children's speech
- Tuesday 13<sup>th</sup> April – Introduction to OT: Understanding sensory profiles in Neurodivergent children
- Tuesday 11<sup>th</sup> May – How to support my child's diet and nutrition
- Tuesday 8<sup>th</sup> June – Managing emotional dysregulation and challenging behaviours
- Tuesday 22<sup>nd</sup> June – Supporting children and young people through transitions
- Tuesday 13<sup>th</sup> July – Supporting our Parent Carers

## Salford Neurodiversity Support Offer: Events and Workshops for Parents and Carers

Salford's neurodevelopmental offer includes a range of drop in sessions and workshops for parents for parents and carers. Where a referral may be required this is clearly detailed however most of the support on offer can be accessed independently by parents and carers.

Further information can be found here: [Salford's Neurodevelopmental Support Offer](#)

## Online 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

[Spectrum Gaming](#) has produced guidance to support neurodivergent young people manage anxiety and trauma (written with young people)

[Salford Thrive](#) provide a single place for all local Emotional Health and Wellbeing related services

CCI have developed [Self Help Resources](#) that are dedicated to mental health and free to download. There are links to resources around anxiety specifically

[Kooth](#) provides a free, safe and anonymous online support for young people 7 days a week

[MindShift](#) is a free app designed to help teens and young adults cope with anxiety

[Mind](#) are a national charity who provide advice and support to empower anyone experiencing a mental health problem

[Not Fine In School](#) provides peer support and resources for parents/ carers, with a linked Facebook group

## 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**



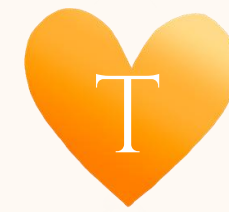
**Affirming Practice**



**Relational Approach**



**Mutual Understanding & Partnership**



**Timely Response**



**Holistic Support**

## Looking after your own wellbeing

If you are struggling with your own mental health, please seek support from your **GP** and they will discuss the best plan to support you

### Wellbeing, Mental Health and Counselling Support (non-urgent):

**Salford Talking Therapies** – Contact GP for a referral to [Six Degrees](#)

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: [Salford Health Improvement Team Contact Us](#) 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: [Qwell](#)

**Silver Cloud** offers online programmes for adults (16+). There are also two modules around supporting anxious children/ teens - [Silver Cloud Health](#)

**Salford Listening Lounge** offers daily drop-ins (1-3pm each day) - [Salford Listening Lounge](#) website

**Greater Manchester Bereavement Service** can help find support for anyone in Greater Manchester that has been bereaved or affected by a death, no matter how long ago. For further information see the [GM Bereavement Service](#) website or call 0161 983 0902

Salford residents can self-refer for **free counselling** from the **University of Salford Counselling Centre** and service - [Counselling Centre and Service](#) website

**Community connection and wellbeing support** can also be access from the [Partners in Salford](#) website and [Salford CVS](#) have a **Wellbeing Matters programme** which includes community connectors and social prescribing.

### Crisis and Urgent Support:

- Call Samaritans 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)
- Text **SHOUT** on 85258 the crisis text line
- Call **NHS 111** and select option 2