

# London Borough of Sutton Change Up Project

## Bite Size Briefing For Professionals



### What is the Change Up Project?

The 'Change Up' Project is part of the Local Authority's Early Help offer to provide a range of bespoke interventions for children and young people at risk of exclusion and/or beginning to display issues that might escalate without further intervention.

The project aims to support children and young people from Year 5 to Year 8 who are demonstrating difficulties at school which are impacting on their learning. The project consists of a series of options that can be used in isolation, or as part of a coordinated package of support.

Interventions Include:

#### Step Forward (Yrs 7 & 8 only)

Targeted off-site support for children identified as being at risk of exclusion. 'Step Forward' is a 6 week enrichment programme held at the Quad. Sessions focus on behaviour change and consequential thinking through the use of coaching and Youth Work approaches.

#### Whole family Support

This includes parenting strategies, access to services, restorative support and preventative work with siblings.

#### Restorative Support

In-school support to facilitate a positive return to school, placement stabilisation, conflict management between school/young person/family.

#### Specialist Advice

Consultancy from Specialist Safeguarding Leads and Locality Psychologist.

#### IDM Project Support

Run by the YOUthink service. Group work and services will run throughout the year focusing on mental health, identity, self-esteem, social media and other needs led topics.



## What are 'Re-think Meetings'?

Each case will be discussed fortnightly during the multi-agency 'Re-think' meeting. Here, a range of professionals will share information and agree the most appropriate interventions and support that can be provided for each individual child. The 'Step Forward' enrichment programme will be delivered every half term with a total of 5 programmes running across the academic year.



## Which Children / young people are eligible?

In order to refer a child to the project at least one of the indicators below must have been met:

- Child has experienced more than 1 fixed period exclusion
- Child has been on school report to senior staff more than once
- Child is showing higher number of Behaviour Points as part of the schools pastoral system
- Child has received multiple school sanctions
- Child has a sibling that has been permanently excluded
- Child is coming to the attention of pastoral teams on a regular basis
- Parental engagement is lacking in trying to stabilise the placement
- Child has a number of internal exclusions or isolations



## How do I make a referral?

The expectation prior to a referral to the Change Up Project is that an Early Help Assessment will have been completed with a family.

To make a referral to the Change Up Project you must complete an 'Early Help Request'. This is an online google referral form which acts as a direct route for support to the Change Up Project.

The Early Help Request form is only available to internal LBS Children's Social Care Teams, Education and Health professionals. You can access the form here:

[Early Help Request](#)

For more information about the Change Up Project, please contact the Early Help team on 020 8770 4128 or [earlyhelp@sutton.gov.uk](mailto:earlyhelp@sutton.gov.uk).

Related Bite Size briefings are available including 'Early Help Assessments', 'Restorative Practices' & 'School Attendance for Professionals'