

Useful Links

Plume Academy Attendance Policy - <https://www.plume.essex.sch.uk/policies>

A Guide for Parents on School Attendance from The Department for Education - www.childrenscommissioner.gov.uk/back-into-school/resources-for-families

The NHS 'Is my child too ill for school?' guidance - <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school>

If there are any difficulties that you might require support with and would prefer not to discuss with us, please refer to the Essex Directory of Service Website , where all the relevant specialist support is available at your request - <https://www.essex.gov.uk/directory-of-services>

Essex Child & Family Well-Being Service - www.essexfamilywellbeing.co.uk

If you need to talk, we're here to listen. Call us free on 0808 800 2222. - www.familylives.org.uk

The Local Offer gives information about support available in Essex for children and young people aged between 0 to 25, with Special Needs and Disabilities (SEND) - www.send.essex.gov.uk

Partnering with parents, we support families whose children have additional needs or disabilities by providing compassion, guidance and hope - www.snapcharity.org

Supporting families of children with additional needs - www.themazegroup.co.uk

Worried about your child? Child sexual exploitation can be hard to detect and abusers are very clever in their manipulation. Some young people won't even be aware that it is happening to them. www.itsnotokay.co.uk

FRANK – Honest and useful advice for parents and guardians about drugs & alcohol - www.talktofrank.com

Are you experiencing domestic abuse? You are not alone - www.nationaldomesticviolencehelpline.org.uk

Support for Mental health:

Online advice and helplines regarding mental health - www.mind.org.uk

Online advice from the NHS regarding children's mental health - <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Online safe and secure website for young people to chat freely - www.kooth.com

Please note that these links offer a wide range of advice and support. Some of these may not apply to your family's circumstances. If there is a particular issue that you would like further support for, please do arrange a meeting or get in touch with us as outlined above - more specific guidance can be provided at your request.