



Elective Home Education **Overview & Useful Information**

Welcome to Solihull Home Education! Let's get started! The following is just an overview of information you may need to be aware of to support your home education journey.

Please view our website for more detailed information regarding home education and a more comprehensive support pack with information around your responsibility as parents, ours as a local authority, ideas, plans and resources to support your home education experience <https://www.solihull.gov.uk/Schools-and-learning/Home-education>

Parents who home educate do not have to follow the National Curriculum, however, those who are considering a return to school in the future or would like their children to take exams/qualifications, should consider this. Details of the National Curriculum can be found at <https://www.gov.uk/national-curriculum>

If you are planning to home educate for a short period of time **BBC Bitesize** is a free resource <https://www.bbc.co.uk/bitesize> is a free resource and revision tool organised by key stage and subject. **Oak National Academy** <https://www.thenational.academy/> is also a free resource covering all key stages.

Parents may like to upskill themselves in order to support their children in their home education and you may be interested in accessing some of the free courses available from **Solihull College & University** <https://www.solihull.ac.uk/> to support you in doing this. The links for information are:

<https://www.solihull.ac.uk/demographic/adult-professional/category/community-education/>

<https://www.solihull.ac.uk/adult-professional/free-part-time-courses/>

Home Education Websites

There are many websites offering information and support to home educators:

Education Otherwise <https://www.educationotherwise.org/>
Home Education Advisory Service <https://www.heas.org.uk/>
Home Education in the UK <https://home-ed.info/>
Home Education UK <https://www.home-education.org.uk/>
Ed Yourself <https://edyourself.org/>

Useful Learning Resources

Disclaimer:

- *This is not a comprehensive list of resources, and they are not endorsed by Solihull Council. It is up to you to decide the suitability of them for your child's age, ability, aptitude and SEND needs as stated in the DfE guidance. A wide range of other resources are available. Some will require a payment and others are free.*
- *If you enter a website and click on links, you must be wary of any malicious content and computer viruses that you could get as a result of clicking on them.*

It is important for you, as the educating parent, to check the safety of online resources (including links accessed here) and to inform your children about e-safety rules so they are able to keep themselves safe online

Workbooks

CGP
Collins
Letts
Carol Vorderman

Online Education

For those who want a more structured curriculum, there are many websites offering online courses and resources for a termly fee or subscription:

Ed Place <https://www.edplace.com/>
Kings Interhigh <https://kingsinterhigh.co.uk/>
Wolsey Hall Oxford <https://wolseyhalloxford.org.uk/>
Doodle <https://doodlelearning.com/>
My Online Schooling <https://www.myonlineschooling.co.uk/>
Oxford Home Schooling <https://www.oxfordhomeschooling.co.uk/>
Cambridge Home School Online <https://www.chsonline.org.uk/>
Exemplar Education <https://www.exemplar-education.com/>
National Extension College <https://www.nec.ac.uk/>
Cloud Learn <https://cloudlearn.co.uk/>
Elite Medics <https://www.elitemedics.co.uk/>
Technology Triumphs <https://www.technologytriumphs.co.uk/>
Khan Academy <https://www.khanacademy.org/>
IXL <https://uk.ixl.com/>
Seneca <https://senecalearning.com/en-GB/>

Tutoring

Affordable Maths & English Tuition <https://www.affordableacademicsuccess.com/>
Learn Laugh Play <https://llplearningspace.co.uk/>
GroundMark Learning <https://www.groundmarklearning.com/>
Tutors & Exams <https://www.tutorsandexams.uk/>
Robocode <https://www.robocode.uk/about>

General Useful Resources

BBC Bitesize <https://www.bbc.co.uk/bitesize>
Oak National <https://www.thenational.academy/>
BBC 2 Learning Zone <https://www.bbc.co.uk/programmes/p01b8f09>
£2 Tuition Hub <https://the2poundtuitionhub.com/>
Alison – free online courses <https://alison.com/>
Twinkl <https://www.twinkl.co.uk/>
The Good & The Beautiful <https://www.goodandbeautiful.com/>
Children's Open University <https://www.open.edu/openlearn/education-development/learning/childrens-university-free-online-courses>
Bright Minds – Resources for Learning <https://www.brightminds.co.uk/>
Curious Little Monkeys <https://clmeducationalresources.com/>
Oxford Owl <https://www.oxfordowl.co.uk/>
Education Quizzes <https://www.natgeokids.com/uk/category/discover/>
Purple Maths – Digital Skills <https://www.purplemash.com/login/#/>
Theatre of Music <https://www.theatreofmusic.com/>
Theatre of Knowledge <https://www.theatreofknowledge.com/>
Chatty Zebra <https://chattyzebracurriculum.com/>
Primary Resources <http://www.primaryresources.co.uk/>
Learn online with Zoe <https://bookwhen.com/learnonlinewithzoe#focus=ev-sde2q-20260617115000>
ELearn with Amy <https://www.elearnwithamy.com/>
SmartRaspberry (Cooking) <https://www.smartraspberry.com/about-us/what-we-do/>
Cook Stars <https://www.cookstars.co.uk/>

Numeracy

Joyful Maths with Ruth <https://joyfulmathswithruth.co.uk/>
Prodigy Maths <https://www.prodigygame.com/main-en>
Corbett Maths <https://corbettmaths.com/>
Maths Watch <https://vle.mathswatch.co.uk/vle/>
Conquer Maths <https://conquermaths.com/>
Maths Seeds (age 3 – 9) <https://mathseeds.co.uk/>
Cognito (Maths & Science) <https://cognitoedu.org/home>
123 Maths <https://123maths.co.uk/>
Mathletics <https://www.mathletics.com/uk/>
Times tables <https://www.timestables.co.uk/speed-test/>
Times tables Rock Stars <https://ttrockstars.com/>
Sing your times tables with Percy Parker <https://www.percyparker.com/>

Literacy

Twinkl <https://www.twinkl.co.uk/>
National Literacy Trust <https://literacytrust.org.uk/free-resources/>
Oxford Owl <https://home.oxfordowl.co.uk/>
Literacy Shed <https://www.literacyshed.com/en-gb/>
Reading Eggs <https://readingeggs.co.uk/>
Fun Fonix (Worksheets) <https://www.funfonix.com/>
Pobble – Writing Prompts <https://www.pobble.com/>
PhonicsPlay <https://www.phonicsplay.co.uk/resources>
Epic Books <https://www.getepic.com/>
Brave Writer <https://bravewriter.com/>
Teach Your Monster to Read <https://www.teachyourmonster.org/about/>

Science

Theatre of Science <https://www.theatreofscience.co.uk/>
STEM Learning <https://www.stem.org.uk/>
Home Science Tools <https://learning-center.homesciencetools.com/>
Fab Science <https://www.fabscience.co.uk/he/>
STEM goes Wild <https://stemgoeswild.co.uk/stem-clubs/bedworth-science-club>
Wild Science <https://wildscience.net/>
Mel Science <https://melscience.com/GB-en/>
The Curiosity Box <https://curiosity-box.com/>
Femtinis <https://www.femtinis.com/>
NASA at Home <https://www.nasa.gov/nasa-at-home-for-kids-and-families/>
Letterbox Lab <https://www.letterboxlab.com/>
The Institution of Engineering & Technology <https://education.theiet.org/>

Languages

Duolingo <https://www.duolingo.com/>
Rosetta Stone <https://uk.rosettastone.com/>
Babbel <https://www.babbel.com/>

Geography, Environmental & Citizenship

Many of the sites mentioned include learning for Geography, Environmental and Citizenship.

Gey Key-Ed Up <https://www.getkeyedup.co.uk/>
National Geographic <https://www.natgeokids.com/uk/category/discover/>
Seterra – Ultimate Map Quiz <https://www.geoguessr.com/quiz/seterra>
Earthlings Learning - <https://www.earthlingslearning.co.uk/>

History

Many of the sites mentioned provide learning around history.

History Royal Palaces <https://www.hrp.org.uk/schools/five-brilliant-history-resources-for-home-schooling/#gs.iiiutu>
Between the Lines <https://www.charlottesmason-homeed.co.uk/collections/history>
Home Ed UK – History in Home Education <https://home-ed.info/history>

SEN Resources

Oaka Books <https://www.oakabooks.co.uk/>
Colourful Semantics via Twinkl <https://www.twinkl.co.uk/teaching-wiki/colourful-semantics>
Nessy <https://www.nessy.com/en-gb>
Dyslexia West Midlands – Dyslexia Classroom
<https://www.dyslexiawestmidlands.com/dyslexia-classroom>

Hands On Learning

Lego
Knex
Coodoo Magnetic Tiles
Crosswords
Word Searches
Flash cards
Board games
Kinetic sand
Gardening
Cooking
Science kits
Woodwork
Arts & Crafts

14-16 Colleges and Courses

There are currently no college provisions within Solihull that offer 14–16-year-olds the opportunity to study with them.

Outside of Borough:

North Warwickshire & South Leicestershire College
<https://www.nwslc.ac.uk/school-programmes-14-16/>

Warwickshire College Group <https://wcg.ac.uk/page/3302/options-for-14-16-year-olds>

School Provisions 14-16:

School provisions for 14–16-year-olds with a specific interest in engineering and the arts are:

- WMG Academy for Young Engineers (intake from Year 9)
<https://solihull.wmgacademy.org.uk/>
- BOA Creative, Digital & Performing Arts Academy (intake from Year 10) <https://www.boa-academy.co.uk/>

Exams & Qualifications

Exam Information (GCSEs & Functional Skills)

If your child wishes to sit exams (i.e. GCSEs, Functional Skills) you will need to enter them as a private candidate at an exam centre for the required exam board and pay for any exam fees well in advance of when the exam will be sat. Further information regarding entry dates and fees can be found on the main exam board web sites:

AQA <https://www.aqa.org.uk/>

Pearson Edexcel <https://qualifications.pearson.com/en/home.html>

OCR <https://www.ocr.org.uk/>

City & Guilds <https://www.cityandguilds.com/>

Please note other exam boards are available.

There are also a number of online companies who offer IGCSEs such as Kings InterHigh, Oxford Home Schooling etc.

Functional Skills exams could be taken instead of GCSEs and are practical qualifications in Maths, English, and Digital Skills designed to equip learners with the essential skills required for work, daily life, and further education. Level 2 qualifications are widely accepted as equivalents to a GCSE Grade 4 (C). Qualifications range from Entry Level 1 up to Level 2, meaning you can learn and take exams at your current capability.

In Solihull, you may be able to access functional skills via educational learning centres, however, we advise you contact them to discuss this further. There may also be some online providers who offer Functional Skills qualifications.

Exam Centre Information

Most secondary schools are exam centres, but not all will accept private candidates, although independent schools may be more accommodating. There are some independent exam centres not in schools, but these tend to be in the bigger towns and cities. The nearest one to Solihull is Birmingham or Coventry:

<https://www.tutorsandexams.uk/>

For further details of exams centres, please visit [https://he-exams.fandom.com/wiki/Midlands Exam Centres](https://he-exams.fandom.com/wiki/Midlands_Exam_Centres)

If you haven't made any decisions and would appreciate a discussion or any advice for next steps, please email the team at ehes@solihull.gov.uk or call us on 0121 704 6191.

College & Sixth Form Open Days

Please be aware that these generally take place in September and October. Please refer to individual sixth form and college websites for further information on open days and course entry requirements. Colleges/sixth forms will consider your application based on the information provided and this will determine the level of course they offer. College/sixth form applications can be made at the open days or online and should be done well in advance. For more information and links to colleges please see below.

It is worth bearing in mind that there can be a high level of interest for the more popular courses, and it is important to ensure that you have a robust portfolio of home education learning evidence to support your college/sixth form application. While colleges/sixth forms are happy to offer places to home educated young people with or without formal qualifications, they still require evidence of a commitment to learning.

Important Information for Post 16

Post 16, your home educated young person could choose one of the following pathways:

- **Pathway A: Further Education (FE) College:** Students can apply for practical, vocational courses (like BTECs, T-Levels, or City & Guilds trades) or academic A-Levels. Colleges are generally very welcoming to home-educated teens, and many offer courses starting at Level 1 or 2 if the student lacks formal GCSEs. To support any college course applications, especially if no formal exams are being taken, it is important to provide evidence of home education and this may be in the form of a portfolio, evidencing your learning.
- **Pathway B: Apprenticeships or Traineeships:** This allows the young person to enter work-based learning, splitting time between a real workplace and a training provider. More information around apprenticeships is detailed below.
- **Pathway C: Continuing Elective Home Education (EHE):** Young people can legally continue to be home-educated until 18. This route is perfect for students self-studying for A-Levels or other qualifications, using online providers or pursuing independent study portfolios.

Post-16 Advice via the Local Authority:

This can be found on the Solihull website at <https://www.solihull.gov.uk/jobs-and-training/employment-and-skills/jobseekers/jobseekers-support>

Skills for Success Team email: employmentteam@solihull.gov.uk

Post 16 Tracking team email: post16tracking@solihull.gov.uk

Local Colleges:

For further information on Sixth Forms and Colleges, please see
<https://www.solihull.gov.uk/Schools-and-learning/Sixth-forms>

Solihull College & University Centre including the Woodlands Campus:
<https://www.solihull.ac.uk/>

Careers & Skills Resources:

Solihull Council Employment & Skills <https://www.solihull.gov.uk/jobs-and-training/employment-and-skills> (see leaflet attached)

Career Seekers Direct:
<https://www.careerseekersdirect.co.uk/careerandskillsresources>

National Careers Service: <https://nationalcareers.service.gov.uk/>

Skills Assessment – Careers that might be right for you -
<https://nationalcareers.service.gov.uk/skills-assessment>

The Skills Toolkit: <https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Reed <https://www.reed.co.uk/courses/career-guides>

Apprenticeships

For further information about apprenticeships, please explore the following link:

<https://www.apprenticeships.gov.uk/apprentices>

You also have the opportunity to explore any apprenticeships that are available and the following Government link may help
<https://www.gov.uk/apply-apprenticeship>

Apprenticeship Resources

Within the link below there are some resource presentations to help young people and parents understand what apprenticeships are, how to find them, and how to apply.

<https://www.apprenticeships.gov.uk/influencers/continuous-professional-development-resources>

Solihull College & University Centre also offer apprenticeship courses, for further information on this please visit their website:

<https://www.solihull.ac.uk/category/apprenticeships/>

Other Services that are available for Post 16 support are:

King's Trust - <https://www.kingstrust.org.uk/how-we-can-help/explore-all-support>

King's Trust offer a wide range of services to Post 16 students including team building skills, work experience, community projects, fundraising, mock interviews, CV writing, building confidence. Their support is free of charge and courses are based in either Digbeth or Solihull. Please contact them for further details.

Barnados – <https://www.barnados.org.uk/get-support/support-for-young-people/employment-training-skills>

Barnados support young people to gain skills they need to enter the world of work. They run Employment Training and Skills (ETS) courses. They provide specific qualifications, employability skills, career advice and guidance and apprenticeships.

Local Groups & Activities

Solihull Family Hubs - <https://www.solihull.gov.uk/children-and-family-support/family-hubs> Family Hubs are based over Solihull and provide information and events for all of the family.

Rock Climbing <https://www.social-climbing.com/>

Air Hop (Trampoline Centre) <https://www.airhop.co.uk/adventure-trampoline-park-birmingham/>

Fundamental Movement Academy <https://www.fm-academy.co.uk/locations/solihull/#>

Inflata Nation <https://www.inflatation.com/locations/birmingham/>

Blossom & Belong – for girls with anxiety aged 11-18
<https://www.blossomandbelongcic.com/>

Ideas for Projects/Topics

Banjo Robinson <https://www.banjorobinson.com/>

Post Crossing <https://www.postcrossing.com/>

Little Crafters Boxes <https://www.littlecraftersboxes.co.uk/>

Mud & Bloom <https://www.mudandbloom.com/>

Scopes for SEN <https://scopes4sen.weebly.com/>

Days Out

Wild Walks <https://www.warwickshirewildlifetrust.org.uk/WildWalks>

Birmingham Art Gallery & Museum <https://www.birminghammuseums.org.uk/>

Thinktank (Birmingham Science Museum)

<https://www.birminghammuseums.org.uk/thinktank>

Blakesley Hall <https://www.birminghammuseums.org.uk/blakesley-hall>

Aston Hall <https://www.birminghammuseums.org.uk/aston-hall>

Museum Collection Centre <https://www.birminghammuseums.org.uk/museum-collection-centre>

Museum of the Jewellery Quarter <https://www.birminghammuseums.org.uk/museum-of-the-jewellery-quarter>

Sarehole Mill <https://www.birminghammuseums.org.uk/sarehole-mill>

Coventry Transport Museum <https://www.transport-museum.com/default.aspx>

Herbert Art Gallery & Museum <https://www.theherbert.org/default.aspx>

RSPB (Bird Watch) <https://www.rspb.org.uk/>

Woodland Trust <https://www.woodlandtrust.org.uk/>

National Trust <https://www.nationaltrust.org.uk/>
English Heritage <https://www.english-heritage.org.uk/>
Shakespeare/Stratford-Upon-Avon <https://www.shakespeare.org.uk/visit/plan-your-visit/things-to-do-stratford-upon-avon/>
The MAD Museum <https://themadmuseum.co.uk/>
Mary Arden's Farm https://www.shakespeare.org.uk/visit/mary-ardens-farm/?gad_source=1&qclid=EAlaQobChMIpN3l1dCdigMVfZtoCR0dxQVYEAAAYASAAEgKB1_D_BwE
St John's House Museum, Warwickshire <https://heritage.warwickshire.gov.uk/visit-us/st-johns-house-museum/1>
Warwick Castle <https://www.warwick-castle.com/>
National Space Centre Leicestershire <https://www.spacecentre.co.uk/>
The Island Trust (Sailing) <https://www.theislandtrust.org.uk/activities/#HomeEd>
Geocaching <https://www.geocaching.com/play>
West Midlands Safari Park <https://www.wmsp.co.uk/>
Twycross Zoo (email for EHE days/discounts) <https://twycrosszoo.org/>
Attwell Farm Park <https://attwellfarmpark.co.uk/>
Ash End Children's Farm <https://ashendchildrensfarm.co.uk/>
Kingsbury Water
Park <https://countryparks.warwickshire.gov.uk/homepage/6/kingsbury-water-park>
Visit Attractions – Days Out <https://www.visitattractions.co.uk/>
Go Ape (Home Education Days) <https://goape.co.uk/groups/schools/home-education>
All Things Wild <https://www.allthingswild.co.uk/>
The Jungle Hut <https://www.thejungleranger.com/>

Virtual Visits to Museums:

Natural History Museum https://www.nhm.ac.uk/visit/virtual-museum.html?qclid=EAlaQobChMI-foioWqgQMVFvtCh3ngA2-EAAYASAAEgIhDPD_BwE
Science Museum <https://www.sciencemuseum.org.uk/virtual-tour-science-museum>
British Museum <https://www.britishmuseum.org/learn/schools/ages-7-11/virtual-visits>
Freud Museum London https://www.freud.org.uk/visit/virtual-tour/?qclid=EAlaQobChMI77naoYWqgQMvYvtCh0PjwXBEAAYASAAEgJ9JvD_BwE
The Anne Frank House Online https://www.annefrank.org/en/museum/web-and-digital/?qclid=EAlaQobChMIj7OrxoWqgQMvY9LtCh28CAKYEAAYASAAEgKNkvD_BwE
Van Gogh Museum Amsterdam <https://www.vangoghmuseum.nl/en/visit/enjoy-the-museum-from-home>
Louvre Museum <https://www.louvre.fr/en/online-tours>

Other Interests

Solihull Scouts <https://solihullscouts.org.uk/>
Girlguiding <https://www.girlguiding.org.uk/>
Sea Cadets <https://www.sea-cadets.org/>
Army Cadets <https://www.sea-cadets.org/>
West Midlands Police Cadets <https://www.westmidlands.police.uk/police-forces/west-midlands-police/areas/careers/wmp-jobs/west-midlands-police-cadets/#:~:text=Our%20cadet%20scheme%20recruits%202013,policing%2C%20including%20visits%20to%20departments>

Life Skills – Mainly Financial

Go Henry

Shares a list of 30 essential life skills for children to learn by age group.

<https://www.gohenry.com/uk/blog/family/essential-life-skills-kids>

Freedom Home Schooling

An America site which lists resources to support children to build different life skills, not just financial life skills.

<https://freedomhomeschooling.com/life-skills/>

Learn Direct

Gain free life skills by studying their free English and maths course, both of which are delivered online.

<https://www.learndirect.com/funding-options/free-life-skills-course>

Bank of England

Financial resources to explain how money and the economy work. These resources cover everything from debt, how money is made, budgeting, saving, and the future of money.

<https://www.bankofengland.co.uk/education/education-resources>

Money Saving Expert

Some tutorial videos which explain mortgage, taxes, pensions and credit cards to the younger audience.

<https://www.moneysavingexpert.com/martins-financial-videos/>

Practical Money Skills

Learn through tutorials and games about finance as developed by Visa.

<https://www.practicalmoneyskills.org/en>

Money Helper

The Money and Pensions service support parents with advice about how to talk with their children about money, money management and the importance of financial education.

<https://www.moneyhelper.org.uk/en/family-and-care/talk-money/how-to-talk-to-your-children-about-money>

Money Heroes

An award-winning free financial education programme from Young Enterprise.

<https://moneyheroes.org.uk/>

Young Enterprise

Resources and games created to improve understanding of money for young people.

<https://www.young-enterprise.org.uk/teachers-hub/resources/>

Other Support Available from the Local Authority & Other Agencies



Solihull Family Hubs

<https://www.solihull.gov.uk/children-and-family-support/family-hubs>

Family Hubs are based over Solihull and provide information and events for all of the family. You will also be able to access the Mental Health in School Team via the Family Hubs. The Family Hubs have an app that you can access via your app store on your mobile device.



Family Information Service

Tel: 0800 389 8667

Email: familyinfo@solihull.gov.uk

The Family Information Service provide advice and information about childcare, activities for children, young people and families and signposting to other support services available.

For the further information see Solihull Council website 'Children and Family Support'

<https://www.solihull.gov.uk/children-and-family-support>

Family Helpline 0121 788 4327

Mon – Thurs 09:00 – 16:30

Fri – 09:00 – 16:00

Speak to a dedicated team of duty works to offer support and advice.



Family Helpline

Early Help support for families and professionals in Solihull

0121 788 4327

Live from 3 March 2025

Available Monday-Thursday 09:00-16:30, Friday 09:00-16:00

Our dedicated team of duty workers support with topics such as:

- Parenting and family guidance
- School attendance and support in coordinating Early Help assessments and plans
- Signposting to local services such as Solihull Family Hubs
- Child behavioural issues and social development
- Health and emotional wellbeing
- Referrals to Family Support Workers

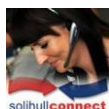
For safeguarding concerns, such as if a child is at risk of being harmed, call the Solihull Multi-Agency Safeguarding Hub (MASH) on 0121 788 4300

Solihull Parenting Network

<https://www.solihull.gov.uk/children-and-family-support/solihull-parents-network>

You can signup for the Solihull Parenting Network newsletter and find out activities and events happening within Solihull Metropolitan Borough Council.



Solihull Connect

<https://www.solihull.gov.uk/Tell-us/Solihull-Connect-Local>

There are four Connect Centres around Solihull that you can attend/contact for any advice around Council services, council tax, benefits etc and you can also use their facilities such as computers, printing etc.



Solihull Libraries

<https://www.solihull.gov.uk/Libraries>

Our libraries are not just about books, although that is the best thing about them! They are also a great resource for you and your family and can advise of any events happening in your local community and they also have groups that meet at the libraries and provide learning opportunities.



Solihull School Nurses

Tel: 0121 726 6754

Or Text via ChatHealth:

Parent Line: 07480 635496

Aged 11-19 line: 07520 615730

You are entitled to engage with and contact the Solihull School Nurses for advice around health and wellbeing. They will also be able to advise on any immunisations or vaccinations your child may need.

Mental Health Support Team (MHST) (Solihull)

Email: bhmhst.schools@nhs.net

You are still entitled to contact the MHST if you need support for your child around their mental health and wellbeing. If you require information around the workshops and events they offer, please contact them or the Attendance & EHE Advisory Team.

Disclaimer: Please note this email inbox is only monitored between the hours of 9am-5pm if you need support outside of these hours please call: 0121 301 5500 available weekdays 5-8pm and weekends 8am-8pm. Urgent 24/7 support is available on: 0121 262 3555



Elective Home Education Support From the MHST

The MHST (Mental Health Support Team) at Solar now support EHE children, young people and their parents.

About the MHST

Mental Health Support Teams (MHSTs) offer models of early intervention for mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, and provide help to staff within a school and college setting.

MHSTs have three core functions:

1. To deliver evidence-based interventions for mild-to-moderate mental health issues.
2. Support the senior mental health lead in each school or college to introduce or develop whole school or college approach.
3. Give timely advice to school and college staff and liaise with external specialist services to help children and young people to get the right support and stay in education.

Would you like to be part of our Mailing list?

REGISTER NOW

As an MHST we are creating a mailing list for parents who electively home educate, if you want to receive up to date knowledge on how to support your child's mental health and have access to our upcoming parental webinars. Please email your request to bsmhst.schools@nhs.net with your name, your child's name and age and we will add you to the list.



How to Refer

Is your child feeling sad, worried or upset?

Do they need someone to talk to?

Would you like to access support for them?



Self-referrals and parental referrals are accepted and can be made online <https://www.bsmhst.nhs.uk/our-services/solar/>

or Scan the QR Code Below to load the referral form





SENDIAS

Information, advice and support to families with SEN needs

<https://family-action.org.uk/services/solihull-sendias/>



Solihull Parent Carer Voice

Support for parent/carers of children with SEN

<https://spcv.org.uk/>



Super SEN CIC

<https://supersencic.co.uk/>

Citizens Advice Bureau

<https://www.citizensadvice.org.uk/>

Offering universal support around a range of areas.

National Autistic Society

<https://www.autism.org.uk/>

Autism West Midlands

A leading charity in the West Midlands for people on the autism spectrum.

<https://www.autismwestmidlands.org.uk/>

Solihull Dyslexia <http://www.solihulldyslexia.co.uk/>

Dyslexia West Midlands <https://www.dyslexiawestmidlands.com/>

Gaia Roots <https://www.thegaiarootsfoundation.com/>

Provide alternative wellbeing support such as wellness therapies, grief support, nature-based therapy, and trauma-informed sessions.

Blossom & Belong <https://www.blossomandbelongcic.com/>

Creating a safe, calm, and welcoming space for anxious girls aged 11-18 to simply be themselves.

Young Minds <https://www.youngminds.org.uk/>

The UK's leading charity fighting for children and young people's mental health. Their ethos is to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

Papyrus UK Hopeline Text and Email Service

<https://www.papyrus-uk.org/hopelineuk-text-and-email-services/>

HOPELINEUK Suicide Prevention Advisors play a very important role in not only taking calls from those at risk of suicide and concerned others, but they also run an invaluable text and email service. These services can be used by anyone who is experiencing thoughts of suicide, and also by those who are worried about somebody in their lives who may be at risk of suicide. They also offer a debriefing service – if you've had recent experience of suicide and want to talk about it.

Kooth <https://www.kooth.com/>

A free, safe and anonymous platform providing support and online counselling for young people.

Mindjam <https://mindjam.org.uk/>

MindJam offers emotional support and guidance for children and adolescents. Their aim is to support children who suffer anxiety, stress, social issues and other emotional needs. Support through experienced mentors who are trained in working with neurodivergent individuals including autistic young people and other conditions such as PDA, ADHD, anxiety, trauma and PTSD. They use gaming, coding and game creation, digital music and digital art, as a platform to develop positive play, problem solving and social and technical skill development, through friendly, positive and low-demand sessions.