

# Elective Home Education Newsletter

September 2025



## Meet the Team



**Caroline Cleghorn**  
EHE Officer



**Jazzmine Allen**  
EHE Officer

## Contact Us

**[EHE@westberks.gov.uk](mailto:EHE@westberks.gov.uk)**  
**01635 503337**

## Exams

For some families, you will be heading out of summer with your focus on making plans for your child to sit exams next summer. If you have not already sourced an exam centre or venue now is the time to start looking around.

We can offer information and signpost to Exam Centre's, so please do get in touch if you are unsure where to start. Speaking of exams, you will certainly all be aware that GCSEs are the most common type of exam sat by young people, typically aged 14/16yrs.

There are several exam boards in the UK offering GCSE qualifications. The most common ones are AQA, OCR, and Edexcel.

There are alternative options to GCSE's with IGCSE's being one of them. In general IGCSE's do not have the coursework element or requirement for practical elements and this can make IGCSE's an appealing option.

This link offers some useful information about the two and may be helpful in deciding which route to take.

### [The Difference Between GCSEs and IGCSEs](#)

## Health & Emotional Wellbeing

Maintaining your child's emotional wellbeing is vitally important and sometimes you may need a little help. If you have any concerns please access support through your GP service, or online through resources such as:

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#) Offering support & advice to young people & parents.

### [Home - Kooth](#)

Kooth PLC is a digital mental health and wellbeing company working to provide a welcoming space for digital mental health care, available to all."

### [Time to talk | Counselling for young people in West Berkshire](#)

This charity offers free and confidential counselling sessions for young people aged 11 to 25 who live, work, study, or are registered with a GP in West Berkshire. They can be reached by phone at +44 1635 760331 or email at [hello@t2twb.org](mailto:hello@t2twb.org).

### **Emotional Health Triage service (EHT) - West Berkshire Council**

This free service, provided by West Berkshire Council, offers support for children and young people (under 19 years old) with low to moderate emotional health issues. It includes a triage service for referrals and direct support, including one-to-one and group sessions. The EHA also works in schools to strengthen well-being and resilience.

### **No5 - Free Counselling Services - Reading | No5 - Free Counselling Services - Reading**

Based in Reading, No5 provides counselling specifically for young people.

Please remember our health partners are contactable for information regarding health matters, including vaccinations and can be contacted via the details below:

### **Berkshire Healthcare Immunisation Team**

Telephone: **0300 365 0077**

Email: [ssimms@berkshire.nhs.uk](mailto:ssimms@berkshire.nhs.uk)

## **SEND**

Were you aware that West Berkshire's Autism Team offer a wide range of courses for parents of SEND young people?

They offer a full calendar of event that run throughout the year including Sensory Concerns, Overwhelm and Adaptations course & Autism Post Diagnosis Workshops. Please contact us for further information.

## **Safeguarding & Online Safety**

As you will know Education about Online Safety is essential to help children understand the potential risks they may encounter online.

We can offer signposting to resources to help you in teaching your child about staying safe online and have included links to a few websites you may find helpful.

**Thinkuknow: Parents and Carers**

**Keeping children safe online | Barnardo's**

**Help & advice | Childnet**

**Keep Children Safe Online: Information, advice, support - Internet Matters**

**SafeCall** is a free, anonymous, and confidential support service for young people affected by missing, county lines and exploitation.

SAFECALL Call/text **116 000** free of charge  
9am – 11pm every day

## **EHE Survey**

We are always interested in hearing from you about the sorts of things you would find helpful to know about, and the support and information you would like to receive from us. To help tailor the information we share with you please could we ask that you take a few minutes to complete a short survey using the link or QR code below. Thank you.

**<https://eu.surveymonkey.com/r/ehe-community-survey>**



As always you can contact us at any time at **[EHE@Westberks.gov.uk](mailto:EHE@Westberks.gov.uk)**