



### An update from Simon Toyne, Targeted Services Leader:

Welcome to our new look quarterly newsletter for parents and professionals alike, we will be producing one of these for each season throughout the year. In this first Winter edition I would like to reflect that it has been a year of many celebrations and successes amidst some challenge, change and uncertainty for the future of services.

We are fortunate to work with a family of 11 Primary and 3 Secondary schools who remain welded to collaborative and preventive models of working. So we are both excited and proud to be continuing to provide the early help family support and counselling services for the families of Aireborough into 2017/18. Our services range from individual child and adult counselling to family support work, on a casework basis or through the provision of our groups. In addition, in response to some of the issues or challenges facing parents, families, children and young people today; I continue to pursue funding grants to develop programmes, activities and group work that can help to tackle these issues and promote awareness and resilience in our young people.

We are privileged to work with families and support them to achieve their potential, discover their own strengths and overcome challenges. We wish you a healthy, happy and fun Festive season.



#### **Celebrations & Successes**

- 14/14 Aireborough schools have committed to funding our services for 2016/17.
- In addition there has been increased investment by the Clinical Commissioning Group.
- We commissioned Leeds Theatre In Education to deliver "The boy under the bed"; a series of productions & workshops offering opportunities for primary school children to explore some of the more serious and challenging issues that face young lives.
- We have agreement from councillors representing the Youth Activity Fund & Community Committee to grant fund the Aireborough Performing Arts Festival in 2017 (Look out for Application Packs).
- We have re-established the SENCO/Practitioners Forum.

#### **Did you know....**

- ⇒ Aireborough Children's Services is currently supporting 65 families through counselling and/or family support.
- ⇒ The number of referrals into the team for the academic year 2015-16 increased by 63% on prior year.
- ⇒ "Anxiety" is the most common cause of distress amongst school aged children.

### STEP Forward

*"We believe people have an unlimited capacity for growth and creativity, and can adapt readily to any change"*

STEP Forward is a programme to help you understand how your mind works. It helps you gain positive thinking skills to develop motivation and self-belief. Based on the highly acclaimed Steps Toward Excellence and Personal Success ('STEPS') developed by The Pacific Institute, it incorporates techniques of Mindfulness, an approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety.

Recent feedback following delivery of the course shows the impact this can have on parents' lives:

*"I am still trying to get on top of my affirmations - but, I know that I can achieve them and will achieve them"*

*"It really made me start to think about how I am at home with my husband and children"*



## Service Developments

- Due to increased investment we have been able to expand our service offering through increased hours across Adult and C&YP Counselling as well as Family Support.
- In January 2017 we plan to take on a volunteer student counsellor who will assist our Adult counselling team.
- We have been successful in our bid for Safer Communities Funding in order to undertake preventative work with Children & Young People around Child Sexual Exploitation ('CSE') / anti-social behaviour / developing healthy relationships.

## A Focus on.....

**MindMate**

MindMate is a Leeds-based website, for young people, their families and the professionals who support them. The website will help you explore emotional wellbeing and mental health issues and offer information about where support is available.

The website has been created in consultation with young people, parents, carers and professionals. If you would like more information on what MindMate can offer, please visit the website:

[www.mindmate.org.uk](http://www.mindmate.org.uk)

## Upcoming Groups & Workshops:

Start Date:	Event:	Venue:	Contact:
24 Jan 2017	STEP Forward Course	St Oswald's School, The Green, Guiseley, LS20 9BT	Alison Forster or Karen Coburn on 0113 250 6593
27 Jan 2017	Youth Engagement Event	Prince Henry's School, Farnley Lane, Otley, LS21 2BB	
Feb 2017	Domestic Violence Awareness & Impact on Children	Aireborough Children's Centre, West Villa Road entrance, Guiseley, LS20 9DA	Sue Scholey on 0113 250 6593 or Corinne Hewitt on 01943 874925 (ext 5)
TBC - Spring Term	Webster Stratton Support Group (0-8's)	Aireborough Children's Centre, site TBC	Donna Kilvington on 01943 874925 (ext 5)
TBC - Spring Term	Parents of Adolescents Workshops	Guiseley School / Benton Park	TBC

## What Parents and Young People have said about our services:

*"My family support worker has been very helpful to me & my family over the past year. When I needed someone to talk to she has been there for me. At times she has been the only person to show me compassion when I have been facing difficult times."* (Parent)

*"....this service has been a lifesaver.....through the family mediation sessions everyone had a voice.... It helped us recognise and support each other through our individual feelings"* (Parent)

*"I have calmed down a lot and it has given me hope"* (Child)

*"Counselling helped a lot...the support offered to our family has been excellent"* (Parent)

*"I have spoken about things I haven't before and was made to feel at ease, safe and comfortable."* (Parent)