

An update from Simon Toyne, Integrated Services Leader:

Welcome to the Autumn edition of the ACS Newsletter; we are already hurtling towards the half-term break and recognising once again the pressures and demands facing families, as well as the courage and resilience so many children and their parents/caregivers show in the face of sometimes very difficult circumstances and austerity linked budget cuts and welfare changes.



The key to all of our work is the relationships and partnerships we can make with all of those with a stake hold in our service. This includes the schools in the Aireborough Cluster who fund the majority of the service and other commissioning bodies (Leeds City Council and Clinical Commissioning Groups). As well as fundamentally the children, young people, parents and caregivers that we work so closely with in trying to make a positive difference in their lives.

In order to respond to the needs and issues faced by families and achieve better outcomes against key priorities of school attendance, attainment and achievement and social and emotional wellbeing - Aireborough Children's Services is maintaining a diverse service offer for 5-19 age range; this includes consultation appointments for families, initial assessment and formulation work to ensure best fit of support, individual family support and therapeutic work, groupwork: parenting programmes and strengths building courses for both adults and young people as well as restorative work to address relationship conflicts between parties.

In addition to the direct service offer available from ACS, there remains a close partnership with the Children's Centre with it's focus on 0-5 years and maximum use is made of the wider resource available through Leeds Children's Services and Voluntary Sector Provision linked with the Families First initiative and Innovations Fund. Examples of this are Multi-Systemic Therapy, Family Intensive Support (Barnardo's) and 3rd sector organisations that can lead and coordinate support for a family where there are multiple needs identified.

We are proud and privileged to offer our services, advice, support and guidance to the children and families in Aireborough cluster and have the evidence to back up our belief that we are making a hugely positive difference to families, whether through provision of simple advice and strategies to more involved short term interventions and multiple agency work. Please do not hesitate to ask about our services through your child's school or contacting us directly.

Simon Toyne, Integrated Services Leader

Celebrations & Successes

- Thanks to all who participated in the 2017 Arts Festival which was a great success. Let's Celebrate was a sell-out with the primary school children putting on an amazing show. Battle of the Acts was won this year by Backspace, a band from Guiseley School - Well done to all.
- The team at Aireborough Children's Services provided individual support to 237 children & parents over the academic year 2016-17 following record numbers of referrals. Thanks to the team for all their hard work.

Service Developments

- An updated Activities Guide is now available on our website. The guide lists a number of sport and activity providers in the Aireborough, Horsforth and Otley areas for 2017/18.
- Since launching the Advice Clinic, we have helped a number of families by providing a listening ear as well as strategies for coping with difficult behaviours. Following feedback from parents we have now increased our appointment times to 40 minutes.

New for 2018: Take 3 - Workshops for Parents of Adolescents

Young people behave better when they feel understood, when they have parents who are able to set authoritative boundaries, and when their parents value themselves.

'Take 3' is a series of workshops providing skills and strategies for supporting parents to deal with challenging teenagers. Topics will include: 'Encouraging young people'; 'The power of listening'; 'Misbehaviour & listening'; 'The four styles of parenting'; 'Negotiating boundaries & consequences'; and 'When adults disagree'. The programme aims to improve relationships between young people and their families and to improve young people's behaviour at home, at school and in the wider community.



Make Your Mark



Make Your Mark is the largest youth consultation in the UK and is a chance to give young people a say in democracy. The ballot, which has ten issues to choose from, will decide what Members of the UK Youth Parliament should debate on to be their campaign for 2018. The debate will take place this year on the 10th of November within the House of Commons.

Last year a total of 978,216 young people from up and down the country participated in the Make Your Mark ballot. This year, their aim is to get over a million in order to do this they need you!

They are asking all 11 to 18 year olds in Leeds to ensure they cast their vote and have their voices heard. Members of Youth Parliament and the Leeds Youth Council will work on the issues that are most important to Leeds young people as well as the national campaign in 2018.

You can cast your vote online by visiting <https://tinyurl.com/MYMLeeds>

They also have resources especially designed for schools, youth groups or anyone else who wants to be an ambassador. To receive your pack, contact Kayleigh Thurlow:

Tel: 0113 3784536; Mobile: 07712 214392; Email: kayleigh.thurlow@leeds.gov.uk

Upcoming Groups, Events & Workshops:

Start Date:	Group / Event: / Workshop:	Venue:	Contact:
Every 3rd Wednesday in the month	Family Support/Therapeutic Advice Clinic. 1 - 4pm	Aireborough Children's Centre, Queensway Primary School, Coppicewood Avenue, Yeadon, LS19 7LF	To book an appointment please contact Julia Whiteley on 0113 250 6593 / julia.whiteley@aireboroughxs.co.uk
Nov-17 (TBC)	STEP Forward - Self-help group for parents	St Oswald's Primary School, The Green, Guiseley, LS20 9BT	Further information will be provided via our website www.aireboroughxs.co.uk
Jan-18 (TBC)	Take 3 - Parents of Adolescents workshops	Yeadon Sailing & Activities Centre, Cemetery Road, Yeadon, LS19 7UR	Further information will be provided via our website www.aireboroughxs.co.uk
Feb-18 (TBC)	Domestic Abuse Awareness Course	Guiseley Primary School, Oxford Road, Guiseley, LS20 9DA	Further information will be provided via our website www.aireboroughxs.co.uk

What Parents and Young People have said about our services:

"I found it really helpful to talk about all my frustrations. My Family Support Worker is a very active listener and her person centred approach really worked well for me.....I have learned to look at myself more and how my actions can affect the children" (Family Support)

"I enjoyed being able to talk about my problems and have someone actually listen and try to help" (Therapeutic Counselling)

"She has been an amazing support to both myself and my son. She was the one person my son opened up to and trusted. Her role in our family situation has been immense and I don't know what we would have done at times without her valuable input" (Family Support)

"Everything that I couldn't do before, I can now because I talked to someone" (Therapeutic Counselling)