



An update from Simon Toyne, Targeted Services Leader:

Welcome to our Spring edition of the Aireborough Children's Services Newsletter.

It is incredible that we are already into the lighter, brighter months and that a very busy period from November is now completed. We have much to celebrate and a great number of forthcoming events, courses and workshops to promote for staff and parents that you will be able to read about and choose from in the main body of this newsletter.



To provide some context, the demand on our core early help Family Support and Therapeutic Services remains at a persistently higher level, approximately a 30% increase since this time last year, that has resulted in an increase to waiting times for these services which now stand at around 3 months. It is not unusual for this time of year to have a waiting list of up to 6 – 8 weeks, however the current position is more than we would like or expect at this stage and puts pressure on our commitment to early intervention, preventative working and a responsive service.

The positive reflection about this is that there is clearly greater awareness of the support available, increased pathways through school, GP and other agencies to access the early help cluster based services and a wider recognition of social, emotional and mental health (SEMH) needs that can and do impact upon play, learning, positivity and relationships. Furthermore, this is reflected in the Local Authority and Clinical Commissioning Group commitment to invest into localised early help services and solutions for the next 3 years.

We are doing great work with so many children, young people and their families and will be continuing to do so throughout 2017/18. In order to make the best of the resources we do have, and to improve the support and experience for those waiting for an individual service we are looking to broaden the range of other support options available. These will include the re-establishing of a monthly drop-in based support in partnership with the Children's Centre, Workshops for Parents of Teenagers on key topics and issues typically facing all parents in the current context, further STEP Forward courses and training and development for frontline staff in schools, children's centres and health in understanding SEMH and SEN issues.

Spring forward and keep happy everyone.

Celebrations & Successes

- As a result of the services we provide, well-being and/or school attendance improved in 82% of cases referred to us in 2015-16;
- The STEP Forward course was delivered in the first quarter of this year and is scheduled again for Autumn 2017;
- We are currently delivering a Domestic Abuse Awareness course in conjunction with Aireborough Children's Centre;
- Backing was received from 14/14 schools to enable continuation of the service for 2017-18;
- Investment will be made in training & developing our staff over the next 12 months.
- We have been awarded a 'Future Proof our Youth' Police Crime Commissioner grant.

Did you know....

- ⇒ Since the service began in 2009, we have received over **930** requests for support.
- ⇒ **28%** of those were received within the last 12 months.

'Parents of Adolescents' Workshops

Starting in June 2017, Aireborough Children's Services will be offering a rolling programme of workshops for parents of adolescents covering topics such as:

COMMUNICATION

Self-esteem &
positive contributions

Anxiety & Stress

**Reducing conflict &
keeping boundaries**

Drugs & Alcohol

**Cyber safety &
social media**



A Focus on.....

MindWell is the new mental health information hub for Leeds and was launched on the 10th October 2016, coinciding with World Mental Health Day.

MindWell

The website is still being developed but provides practical advice on how to make yourself feel better, what services are available to help you or someone close to you, and will eventually provide useful information for employers or other professionals on how to promote good mental health.

If you would like more information on what MindWell can offer, please visit the website:

www.mindwell-leeds.org.uk

'Future Proof our Youth' - What is it?

- Whole year theatre workshops;
- Targeted self-esteem & future aspirations work;
- Assistance with activities outside of school;
- Input and advice for parents and young people on cyber & social media safety.

More details to follow.....

Service developments:

- ⇒ Advice clinic for parents;
- ⇒ Addition to our parent counselling team;
- ⇒ New course looking at the impact of domestic abuse on families;
- ⇒ Workshops for parents of adolescents.

Upcoming Groups, Events & Workshops:

Start Date:	Group / Event / Workshop:	Venue:	Contact:
19th April 2017	Family Support/Therapeutic Advice Clinic. 3rd Wednesday of every month 1 - 3pm	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
6th June 2017	Autism Discussion Workshop (Professionals only) 1 - 4pm	Yeadon Tarn Sailing & Activities Centre, Cemetery Road, Yeadon, LS19 7UR	To book places please contact Simon Toyne on 0113 250 6593 / simon.toyne@aireboroughxs.co.uk
8th June 2017 for 6 weeks	'Parents of Adolescents' Workshops. Thursdays 4 - 6pm	Yeadon Tarn Sailing & Activities Centre, Cemetery Road, Yeadon, LS19 7UR	Further details to follow - check the website
27th to 29th June 2017	Aireborough Performing Arts Festival 2017: Let's Celebrate (27th-28th) Battle of the Acts (29th)	Yeadon Town Hall, High Street, Leeds LS19 7PP	Further details to follow - check the website

What Parents and Young People have said about our services:

"It helped boost my confidence. I felt comfortable to talk and let out my emotions. I realised things about my anxiety I hadn't before." (Child & young person counselling)

"Thank you so much, this is the start of a new chapter for me" (Parent counselling)

"Her advice has helped me to move on..... I feel so much better. She is a credit to the team and would recommend the service to other families" (Family support)

"Listening and engaging helped me. I never felt judged, and felt at ease with discussions" (Parent counselling)