



Aireborough Family Services Newsletter – Autumn 2021

Welcome to the 2021 Autumn edition of our Newsletter. We are pleased with how many families and children we have been able to support over this past year, despite restrictions due to COVID, delivering 338 specific interventions across the 194 requests we received 2020-21. We have seen positive successes and outcomes with our individual work, both in terms of family support and therapeutic work, and a great effort by staff to adapt services remotely. We have put on hold all of the group-based delivery during the continued uncertain and changing picture of restrictions following lockdown. However, we have continued delivering the Take 3 parenting programme on an individual basis and have received very positive feedback about this approach. There are challenges in terms of the volume of Social, Emotional and Mental Health Issues for our families amplified by the impact of the pandemic and we are mindful of the length of waiting list we have for individual CYP therapeutic work, but hopeful to improve this once our new 32 hour per week therapist starts in November.

Staffing Changes

There are three main significant farewells: Alison Forster, Family Support Worker who has been with the service for 8 years is retiring from the service. Marion Astin, School and Parent Therapist who has been with us for 6 years, has ended her contract with Northpoint to move on to private practice. June Cauldwell, Volunteer Adult Counsellor who has been with us for 4 years is moving on to paid employment as a practitioner with Headspace. We would like to take this opportunity to thank Alison, Marion and June for all of the work they have undertaken in this time and wish them well into the future. We know that they will be missed by families and individuals alike and made a real difference to the lives of people and to the development of practice. Rachel Ross, Family Support Worker, and Rachel Tandy, School Therapist (from November), are joining the service. Set out below is the team:

Role/s	Name/s	Hours and Days pw	Employer	Tel. Contact Details
Integrated Services Leader	Simon Toyne simon.toyne@aireboroughxs.co.uk	37 (M-F)	AFS/Guiseley School	07891277735
Cluster Administrator (Business and Management)	Julia Whiteley julia.whiteley@airboroughxs.co.uk	20 (T,W,Th)	AFS/Guiseley School	07738288300
Family Support Workers	Karen Coburn karen.coburn@aireboroughxs.co.uk	34 (T-F)	AFS/Guiseley School	07891275145
	Rachel Ross rachel.ross@aireboroughxs.co.uk	20 (T,W,Th)		Tbc
	Sue Scholey sue.scholey@aireboroughxs.co.uk	35 (M-Th)		07891 279 739
School Therapeutic Counsellors	Barry Clarke clarkeb01@wetherbyhigh.co.uk	17 (M,T,W)	Northpoint Wellbeing	07526172934
	Rachael Wright rachael.wright@aireboroughxs.co.uk	21 (T,W,Th)		07850772044
	Rachel Tandy (starting Nov 2021)	32 (days tbc)		tbc
Volunteer/Trainee Adult Counsellors	Helen Smith Trainee (starting Nov 2021)	3 (Th) 3-5 (tbc)	AFS/Guiseley School N/A	By individual agreement only. Use main office
SILVERCLOUD Adult and Parent/YP Therapeutic Support Staff	Rachel Midgely – Adult (until Dec 2021) Vicky Taylor – Parent and YP Programme	Both up to 12 cases – flexible hours	Northpoint Wellbeing	By individual agreement only. Use main office

MAIN OFFICE CONTACT NUMBER – 0113 378 2112



Other support approaches

We have also seen a very good take-up of over 40 parents and young people of the SILVERCLOUD online programme since this became available, supported by Vicky Taylor, and the number of places we have available is expanding from 8 to 12 at any one time from 01 September onwards. This is something we will continue to promote where appropriate in complement or as an alternative to the face:face work as a way to manage the high demand and waiting lists. The adult MH programmes, supported by Rachel Midgely, have also been well used, but we will be focussing our investment on approaches directed at children and parents. This will mean the Adult SILVERCLOUD programmes will not be renewed after December and we will be encouraging adults to access available MH services through their GP - IAPT, Primary Care and Community MH Teams, as well as access our small adult counselling resource where appropriate with our volunteer and trainee.

In addition, 10 staff are trained across schools, Children's Centre and the Cluster staff in TRIPLE P online parenting programme facilitation and we have a number of parents accessing this too, that has been a positive alternative to individual parenting work with a FSW in at least 10 cases so far.

Service Offer

We will be continuing with all aspects of the individual work, as outlined above and these will take place both face:face and remotely with children, young people and their families. The majority of counselling work with children and young people will be done within schools, face:face as was our approach prior to the pandemic. Family Support Work will be delivered in a more hybrid approach, but at a minimum there will be home visits at the start and end of work and use will be made of Albion House as a venue for sessions, small groups and meetings.

We are very aware of the challenges that come with waiting lists for support and the need to respond as promptly as possible to achieve the best impact of early intervention and help. Set out below is a table that provides the current picture in terms of wait times following request. We will be doing everything to reduce all of the times shown on this table, but want to ensure from a safeguarding and partnership perspective that we are providing transparent expectations. It is our aim to improve this, particularly for individual therapeutic work once we have all members of staff in post.

Waiting List Update

Service Offer	Current Waiting Time from receipt of request	Access
Individual Family Support	<ul style="list-style-type: none"> - 8-12 weeks to allocation for individual support work - 4 weeks to offer consultation/formulation appt 	By assessment and request form to Julia Whiteley or through MINDMATE SPA/MOSAIC
Individual Therapeutic Support (CYP) & Parent and YP SILVERCLOUD	<ul style="list-style-type: none"> - 24 weeks to allocation of individual therapeutic sessions; - 4-6 weeks for SILVERCLOUD anxiety programme for KS3+ 	By assessment and request form to Julia Whiteley or through MINDMATE SPA/MOSAIC
Adult Therapeutic Counselling	<ul style="list-style-type: none"> - 12 weeks to allocation of individual counselling 	By internal or external request as part of main request form with clear assessment
TRIPLE P Programme	<ul style="list-style-type: none"> - Places available now through our partnership of trained individuals across the school and cluster partnership 	By internal identification, direct request by external professional through Julia Whiteley
TAKE 3 Groupwork	<ul style="list-style-type: none"> - Refresher and Introduction Workshops planned for the Autumn Term. Dates and details to be decided following take-up. 	Enquiries to Karen Coburn

We want your views and input

Please do not hesitate to contact Simon Toyne with any feedback, positive or otherwise, and any input on how the service could be improved. Thank you.