



## Aireborough Family Services Newsletter – Spring 2022

Welcome to the Spring 2022 edition of our Newsletter. I am delighted to report that we have had a full staff complement in post since December 2021 and this has made a significant difference in the capacity with which to allocate both individual support to children and family support with their parents. As we have gradually moved away from COVID restrictions, it has been possible to return to more face:face interventions, meetings and home visits. In order to maintain the efficiencies and benefits that remote and home-based working did bring, we are working to a hybrid model, where staff still work from home for a proportion of their week and a number of our key screening and guidance and support meetings are conducted through Zoom or Teams. In addition, due to the increased demand we have seen since children and young people have returned to full-time school attendance in September, especially in relation to anxiety and social confidence and esteem, we have seen waiting lists remain at around the 6-7 month position for therapeutic and 3-4 months for family support. We are encouraging use of SILVERCLOUD online support for parents of children/teens and direct access for KS3+ young people. This now includes additional modules around exam stress and social anxiety related to the pandemic. We have also re-implemented consultation appointments for all of our family support requests and are currently running a Take 3 Parenting Programme with 8 parents attending and participating through to April 2022.

### Staffing Changes

We welcomed three new trainee counsellors onto placement who began working with adult clients from November 2021. We continue to have capacity to swiftly allocate to these staff and have already worked with over 10 parents offering counselling. The remainder of the team is as Autumn 2021. Set out below is the team:

Role/s	Name/s	Hours and Days pw	Employer	Tel. Contact Details
Integrated Services Leader	<b>Simon Toyne</b> simon.toyne@aireboroughxs.co.uk	37 (M-F)	AFS/Guiseley School	07891277735
Cluster Administrator (Business and Management)	<b>Julia Whiteley</b> julia.whiteley@airboroughxs.co.uk	20 (T,W,Th)	AFS/Guiseley School	07738288300
Family Support Workers	<b>Karen Coburn</b> karen.coburn@aireboroughxs.co.uk	34 (T-F)	AFS/Guiseley School	07891275145
	<b>Rachel Ross</b> rachel.ross@aireboroughxs.co.uk	20 (T,W,Th)		Tbc
	<b>Sue Scholey</b> sue.scholey@aireboroughxs.co.uk	35 (M-Th)		07891 279 739
School Therapeutic Counsellors	<b>Barry Clarke</b> clarkeb01@wetherbyhigh.co.uk	17 (M,T,W)	Northpoint Wellbeing	07526172934
	<b>Rachael Wright</b> rachael.wright@aireboroughxs.co.uk	21 (T,W,Th)		07850772044
	<b>Rachel Tandy</b> rachel.tandy@aireboroughxs.co.uk	32 (days tbc)		
Volunteer/Trainee Adult Counsellors	<b>Claire Hanafin</b> <b>Kate Boardman</b> <b>Sana Israr</b>	3 (Th) 3 hours (F) 10 hours (M-Th)	AFS/Guiseley School Leeds Beckett Uni	By individual agreement only. Use main office
SILVERCLOUD Adult and Parent/YP Therapeutic Support Staff	<b>Rachel Midgely – Parent and YP Programme</b> <b>Vicky Taylor – Parent and YP Programme</b>	Both up to 8 cases – flexible hours	Northpoint Wellbeing	By individual agreement only. Use main office

**MAIN OFFICE CONTACT NUMBER – 0113 378 0064**



## Other support approaches

We continue to see a very good take-up of parents and young people of the SILVERCLOUD online programme since this became available, supported by Vicky Taylor and Rachel Midgley offering 16 places between them. 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.

There remains a cohort of staff across schools, Children’s Centre and the Cluster trained 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, and can be helpful for parents working long hours, making face:face more difficult to implement.

As mentioned, we have promoted and registered parents onto the Take 3 parenting programme through our FS waiting list, with schools and existing parents as well as with other agencies. We have 8 parents accessing the group currently who we hope will continue through until April 2022. We are aiming to offer a further TAKE 3 group before the end of the financial year.

We have put 2 staff forward for training in the CYGNET specialist parenting programme for parents with children with a diagnosis of Autism or suspected ASC. Once trained, Rachel Ross and Karen Coburn will join a Leeds West Training Pool and be tasked with co-facilitating at least one group per year, with the aim that 4 courses will take place across the West that parents in our area can access. There is a significant backlog as these courses ceased during lockdown and there has been an exponential rise in cases and challenges for parents of children with Autism, even more so since the pandemic.

## Service Offer

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.

## Waiting List Update

Service Offer	Current Waiting Time from receipt of request	Access
Individual Family Support	<ul style="list-style-type: none"> <li>- 12 weeks to allocation for individual support work</li> <li>- 4 weeks to offer consultation/formulation appt</li> </ul>	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"> <li>- 28 weeks to allocation of individual therapeutic sessions;</li> <li>- 2-3 weeks to access SILVERCLOUD anxiety programme for KS3+ or parents of children across all key stages</li> </ul>	By assessment and request form to Julia Whiteley or through MINDMATE SPA/MOSAIC
Adult Therapeutic Counselling	<ul style="list-style-type: none"> <li>- 2-3 weeks to allocation of individual counselling</li> </ul>	By internal or external request as part of main request form with clear assessment
TRIPLE P Programme	<ul style="list-style-type: none"> <li>- Places available through our partnership of trained individuals across the school and cluster partnership</li> </ul>	By internal identification, direct request by external professional through Julia Whiteley
TAKE 3 Groupwork	<ul style="list-style-type: none"> <li>- Group is now running Feb-April – 8 parents are registered and accessing the group.</li> </ul>	Future groups will be publicised later in the year.



### **Little Voice Programme**

One of our school counsellors, Rachel Tandy, is currently running a training programme along with author & Dramatherapist, Ann Dix, for KS2 children caught up in domestic abuse. The programme is based around the story “Little mouse finds a safe place” and is an 8 week play based programme which helps children to begin to understand and safely express their feelings and work through and make sense of their experiences. The current programme is being run at the Childrens Centre in Guiseley, in collaboration with Guiseley primary school, and it is due to end in early March. Please contact Simon Toyne in the first instance if you would like to participate in any future training programmes.

### **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.

We have recently undertaken a service offer survey – targeting three different stakeholder groups: Leaders/Managers, Practitioners and 100 random sample Parents. Completed surveys are being returned and will help to inform how we can best utilise our service. The offer of staff training in delivery of specialist parenting programmes for parents with children with ASC is already an early example of service development response to the feedback we have received. If you have received an invitation to complete a survey and have yet to do this, please can you complete by Feb half-term. Thank you.