



An update from Simon Toyne, Targeted Services Leader:

Welcome to the new academic year and the changing season of Autumn. We are delighted to update you on our fantastic work and continuing groups and support services:

Diverse service offer – we continue to provide Family Support Consultation appointments, Group based Personal Development (STEP Forward) and Parenting (Take 3) courses, Mental Health Practitioner Consultations and Brief Intervention model, Short-term Therapeutic Counselling for Children, Young People and Adults, Multi-agency working and undertaking of Lead Practitioner role of a capped number of Early Help Plans.

The Future sustainability of the service is a priority for the collaborating schools in Aireborough and the formalising of agreements are underway to continue with the service model for the financial year commencing April 2019. Leeds Children's Services and the Clinical Commissioning Group have already put forward their commitment to continued investment in targeted and early intervention family support and therapeutic services for the coming year, however this is a capped offer and we will be returning to a core level budget that will mean a return to our core employed and commissioned staffing levels, delivering the same services but with a reduced capacity from the team in place currently. We have already enhanced our core service offer through proactive pursuit of external opportunities, grants and funding – to deliver adult MH support, training opportunities, parents forum and activity based work such Yoga and Wellbeing for Y6 and above.

Celebrations & Successes

- We have delivered the new Take 3 programme, with very positive results, and plan to deliver more in January 2019.
- Family Support consultations are proving to be a helpful forum for parents to receive swift support whilst on our waiting list.
- We have welcomed the appointment of a Mental Health Practitioner this year to provide advice & support to families dealing with social and emotional mental health issues.

Did you know.....



Over 700 families have been supported by Aireborough Children's Services in the last four years alone

A story of positive change

We recently supported two parents who were struggling to manage their son's behaviour. He was regularly displaying angry outbursts and acting aggressively towards them. Trying to manage her son's behaviour was having a significant impact on Mum's emotional health. After just a few sessions of one-to-one parenting, Mum was more relaxed and reported that new strategies were already effective. She felt that life was so much better at home, for the first time she was not dreading school holidays, and now felt more confident in her parenting. She described the support as "Life changing".



Our Service Model and Changes to be aware of:

- ⇒ From January 2019 we will become "Aireborough Family Services" and will be moving to new premises at Albion House, just off the JCT roundabout. We will remain an independent early intervention service delivering Family Support and Therapeutic Services and anticipate being able to run a number of our groups and consultation services from this venue in the future.
- ⇒ There has been considerable development of our Family Support interventions using the Take 3 Parenting Programme model – feedback from parents has been really positive about the approach and impact on their family lives.
- ⇒ For practitioners, we will be launching a revised referral form in September 2018. This will integrate key aspects of the formulation 6P's approach with pre-referral guidance and a re-focus on quality needs assessment to ensure efficient and quality matching of relevant support and services to needs. This will be the accepted referral form for all requests, apart from GP MINDMATE requests – please be aware that we will not accept old forms after 15 October.

Upcoming Groups, Events & Workshops:

Start Date:	Group / Event: / Workshop:	Venue:	Contact:
19th Sep 2018 for 7 weeks 4pm-5.30pm	Children Making Choices - a group activity programme for children aged 8-11 who have witnessed or experienced domestic violence	Yeadon Tam, Sailing & Activities Centre, Cemetery Road, Yeadon, LS19 7UR	Health For All: spf@healthforall.org.uk 0113 276 2386
W/C 24th Sep 2018 3pm-5pm	YOGA and Wellbeing After School Activity - available for Y7+ students from September (expected to be rolled out to Y6 from October)	Currently being hosted by Benton Park and Guiseley School	Benton Park: 0113 250 2330 Guiseley School: 01943 872 315
26th Sep for 6 weeks 10:30 - 12:30	Women's Self-Esteem & Confidence Building Group (free crèche available)	Brownlee Stone Centre, Horsforth, LS18 5BL	Amy Clelland: Amy.clelland@healthforall.org.uk, 0113 276 2386
Launching Oct 2018 TBC	Parents Connect - Social and Activity Forum	Hopscotch Building, Yeadon Westfield Infants School, Westfield Grove, Yeadon, LS19 7NQ	Aireborough Children's Services on 0113 250 6593
12th Nov 2018	For professionals—Harmful Sexual Behaviour Training Workshop	Micklefield House, New Road Side, Rawdon	Simon Toyne: email or 0113 250 6593
January 2019	Take 3 - a course aimed at improving relationships within the family	Details to follow	Details to follow
Postponed until after Jan 2019	STEP Forward course - a free self-help group for parents	Details to follow	Details to follow

What Parents and Young People have said about our services:

"The entire course has been of use, I especially liked the meditation.....I learnt a new way to allow myself to relax when my anxiety is high" (Take 3 Parenting Course)

'My child has benefitted hugely from these sessions and is a transformed person at home and much more settled at school' (Therapeutic Counselling)

"My Family Support Worker has helped me through a difficult time in my life when I was beginning to think I was a rubbish parent. I feel that I have been listened to and that I am in a better place to deal with things now" (Family Support)