

Counselling Support for Aireborough

Since Autumn 2011, Aireborough has been a part of Leeds City Council's Targeted Mental Health in Schools (TaMHS) project. The project provides children and young people aged 5-18 with swift and easier access to counselling within their own schools and aims to improve their emotional well-being by intervening earlier and working preventatively, reducing the need for higher level mental health services.

TaMHS in Aireborough is led by Rachael Wright (pictured below) who has worked with a total of 82 children and young people to date. Schools and key staff have been on board and highly supportive of the project right from the start and make the majority of referrals. The project is proving valuable in improving outcomes for children including increasing attendance, improving learning and achievement, reducing anxiety and behavioural issues. Feedback has been invited from both young people and families who have frequently noticed an increase in confidence, with children happier, more settled and better able to communicate. In fact over 95% of respondents agreed that since counselling they'd felt more positive.

Emotional wellbeing plays a key part of a person's ability to learn effectively, contribute positively to the community and be resilient to problems when they arise. The counselling service provided is confidential and focuses on helping young people find their own solutions in dealing with troubling issues. The therapist uses a range of age appropriate tools and creative resources to engage and help clients express and understand their situation and feelings.



Rachael Wright, Counselling Support for Aireborough

For information on how to contact the TaMHS service, contact Aireborough Extended Services on 0113 250 6593.

Goodbye and Best Wishes to Sarah

Sarah Dowdall, Cluster Family Support Outreach Worker, left in June to take on an Intensive Family Support role in the York area. Sarah was with us for two years and in this time she worked with over 26 families, as well as led the "Baby Massage" and "Incredible Years" parenting programmes. A big thank you for all her dedicated work and best wishes for her future. We hope to have a replacement in post for September 2013.

Cluster Plans for the Future

The Aireborough Cluster has agreed its action plan to help safeguard the well-being of children and young people (CYP) in the area.

It's four priorities are:

All CYP in Aireborough live in supportive families, where they are safe from harm and the most vulnerable are protected.

All CYP enjoy play and learning and, where appropriate, improve behaviour, attendance and achievement.

All CYP and their families have the opportunity to access employment, education or training post school leaving age (EET) and receive advice, guidance and support to help protect them from the negative impacts of poverty, debt and unemployment.

All CYP and their families have healthy and safe lifestyles that promote activity and healthy eating and are able to access support for the negative impacts of domestic violence and alcohol.

The events, activities, counselling and parent support work is all geared towards helping achieve these objectives for the Aireborough cluster.



Aireborough Extended Services

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Aireborough Dance Club is Growing!

Did you know that we have a very popular dance club open to all children and young people?

The club is inclusive as classes are set by age rather than ability. The aim of the club is to have FUN.

We are now growing and expanding and have recently introduced Ballet and Boys Street Dance.

Sessions run on Tuesdays at Yeadon Methodist Church and Wednesdays at Guiseley Baptist Church. For full details visit www.aireboroughxs.co.uk and go to Activities/Aireborough Dance Club

First Aireborough Youth Conference A Major Success

The first Aireborough Youth Conference took place in Guiseley at the start of the Summer. The delegates were given information about the positive opportunities, issues and heritage of the area. They then took part in workshops to give their own views about growing up in Aireborough and judged a poetry competition from poems submitted by the primary schools in the area.

The Conference ended with the dressing of a "Wishing Tree" for Aireborough (see picture above) where delegates were asked to add their wishes and hopes for the future to those already submitted by young students in the area.

Staged at Guiseley theatre, the Conference was organised jointly by Aireborough Extended Services, the Neighbourhood Forum and Youth Services. Commenting on the event, Simon Toyne, Integrated Services Leader at Aireborough Extended Services said, "We've got some incredibly talented and positive young people in our area and it is very important that we reflect their views in the plans for the area's future. The Conference was an opportunity to involve young people in a real process that will effect planning and decision making for the place in which they live. Findings from the Conference have been picked by the Neighbourhood Forum and will help the development of a Neighbourhood Action Plan."



Left, some of the young leaders at the conference

(left to right), Jack Humphrey and Natasha Pickard, Guiseley High School; Jade Smith and Katie Togher, Benton Park; Mitchell Pullan, St Mary's, Menston.

Source: CABE, and Jane Sebire

Summer Activities Programme

Multiply the Fun at our Multi-Sports Camp

Here's a fantastic chance to have fun at not just one sport, but lots! Basketball, Dodge Ball, Kwik Cricket, Soccer and Rounders are just some of the sports you can enjoy.

Code	Activity	Age	Day	Time	Venue	Cost
MS1	Multi Sports Camp	8-12	Mon 29th July	10-3	Guiseley School	£7
MS2	Multi Sports Camp	8-12	Tue 30th July	10-3	Guiseley School	£7
MS3	Multi Sports Camp	8-12	Wed 31st July	10-3	Guiseley School	£7
MS4	Multi Sports Camp	8-12	Thur 1st Aug	10-3	Guiseley School	£7

Calling All Creative Geniuses - Create Club is Here

Are you a budding Botticelli or a potential Jackson Pollock? Well unlock those creative talents by attending our Create Club. Attend any or all of our four half-days packed with arts, crafts and games.

Code	Activity	Age	Day	Time	Venue	Cost
C1	Create Club	5-8	Mon 29th July	10-12	Guiseley School	£3.50
C2	Create Club	5-8	Mon 29th July	1-3	Guiseley School	£3.50
C3	Create Club	5-8	Tue 30th July	10-12	Guiseley School	£3.50
C4	Create Club	5-8	Tue 30th July	1-3	Guiseley School	£3.50

HOW TO BOOK

It is easy to book any of the events or activities in this newsletter. Pick up a flyer from school and send it in asap or contact us by one of the ways shown below, but hurry as places are going fast:

- Phone: Katherine on 01943 871387
- Email: roberts01@leedslearning.net
- Post: Katherine Robertshaw, Aireborough Extended Services, Guiseley School, Fieldhead Road, LS20 8DT
- Web: Visit [www.aireboroughxs.co.uk/Activities/Holiday Whats On](http://www.aireboroughxs.co.uk/Activities/Holiday%20Whats%20On)

Mini Movers - A Dance Class for Ages 5-7

Get your little ones dancing with this great fun class. The perfect Introduction to dance.

Code	Activity	Age	Day	Time	Venue	Cost
M1	Mini Movers	5-7	Wed 31st July	10-11	Guiseley School	£2
M2	Mini Movers	5-7	Wed 31st July	11-12	Guiseley School	£2

Go Ride and Mini Go Ride

Learn new skills, tricks and games on your bike. Two fun action-packed sessions to improve your cycling. Go Ride camp in the morning, and in the afternoon a Mini Go Ride for younger riders. Participants must be confident riding on two wheels and must bring their own bike and helmet.

Code	Activity	Age	Day	Time	Venue	Cost
GR1	Go Ride	8-12	Tue 30th July to Thur 1st Aug	10-12	Guiseley School	£9 for 3 sessions
GR2	Mini Go Ride	5-7	Tue 30th July to Thur 1st Aug	1-3	Guiseley School	£9 for 3 sessions

2 Wheels 2 Cycling

A fun session aimed at getting from stabilisers to 2-wheel cycling in a safe traffic-free environment. Participants must bring their own bike and helmet.

Code	Activity	Age	Day	Time	Venue	Cost
L1	2 wheels	5-11	Mon 29th July	10-12	Guiseley School	£3.50
L2	2 Wheels	5-11	Mon 29th July	1-3	Guiseley School	£3.50

Shrektacular Dance Camp



If you liked the Shrek films (and let's face it, who didn't?) then this is for you.

A fantastic 4-day dance camp to learn great new moves to act out the Shrek story on stage. The climax of the week is a performance for friends and family to come and watch on the final day.

For 7-11 year olds from Monday 29 July to Thursday 1 August, 10am to 3pm at Guiseley School. Cost is £28 for four days. Quote Activity code SH1.