



### An update from Simon Toyne, Targeted Services Leader:

Welcome to 2018 and the Winter Edition of our newsletter. There is much to celebrate and look forward to this coming year. We continue to offer our monthly advice clinics, where parents can have the opportunity to discuss their issues with one of our Family Support Team and one of our Therapeutic Counselling Team. This is particularly helpful where you are awaiting further assessment or support from our team but need some advice, strategies and signposting in the short term. See below for details.

We are aware that demand on our service has significantly increased over the past few years and our waiting list has inevitably increased, this being a barrier for families to be able to access our service in a swift and responsive way and we are looking at making some adjustments to our service model for our family support to improve this. This is likely to be an offer of 3 initial consultation visits where there is a family support and parenting need to provide swifter advice, guidance and information in the first instance, with a first visit within a 4 week timescale from receipt of referral. If there is an identified need for further one:one, intensive or coordinated multi-agency support, we will then to either signpost to another service or place that family on our waiting list to undertake a longer term piece of work. However, the aim is to be able to offer a swifter, more responsive service in the first instance that in many cases may be all that is needed for a number of families to see positive changes and progress. In addition, as shown below – after February half-term we will be delivering a Take 3 programme for parents of adolescents and we will be encouraging all of those families with teenage children currently on our waiting list to attend. This is recommended for any parent, but particularly those parents struggling with their teenagers in terms of positive communication, relationship and behaviour that is of concern.

### **Celebrations & Successes**

- The **Future Proof Our Youth Project** is well under way with all three high schools having now hosted Leeds Theatre in Education's performance of "Looking for Callum" which looks at issues around grooming and CSE. Staff were trained to facilitate post-performance workshops with groups of students to explore the issues of exploitation and on-line safety. This has been well-received by both students and parents.
- Our Family Support Workers have been running the STEP Forward programme at Yeadon Tarn since November and this is due to finish mid-January. There has been some great feedback from those involved, so many thanks to Alison and Karen for their hard work and commitment.
- As a result of the services that Aireborough Children's Services provide, well-being and/or school attendance improved in 82% of recorded cases over the 2016/17 period. We are please to announce that backing has been received from all 14 schools within the borough to enable continuation of our service into 2018/19.

### **Youth Participation Event 2nd February 2018**

*The event will be held at Prince Henry's School, Otley and this year pupils will be finding out more about democracy, about the role of Councillors and what representation means. Some local providers have been invited in to do inspirational talks about the work they do and what makes a good activity for young people.*

*There will be opportunities to find out how you can be more involved in your local areas, including Youth Parliament. Pupils will also be asked to come up with their own idea for a project working together in groups, and presenting this to a 'Dragon's Den' style panel, with everyone able to vote on which one they would prefer to see commissioned to run in the summer.*

*For more information on the event, please visit the Outer North West Community Committee Facebook page at <https://www.facebook.com/LCCOuterNW/>*



## Service developments:

- ⇒ We are launching our new course for parents of adolescents called 'Take 3'. The programme aims to improve relationships between young people and their families as well as improve behaviours both at home and in school.
- ⇒ Targeted small group Youth Work is currently being developed as part of the **Future Proof Our Youth Project** which will look at tackling low engagement, poor aspiration and to improve outcomes for up to 12 students who are at risk of escalating challenges and issues.
- ⇒ Recognising the importance of Social & Emotional Mental Health within schools, we continue to invest in this area and hope to increase capacity within our therapeutic team for a fixed term in 2018.

## A Focus on.....



Family Lives is a charity helping parents and carers to deal with the changes that are a constant part of family life. They can provide support around family breakdown, child development, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children, issues with schools and parenting/relationship support.

Core family support services are provided through a 24 hour helpline, advice on their website, live chat services, befriending services, and parenting/relationship support groups. They also offer tailored support around issues such as bullying, special educational needs, and support for specific communities.

[www.familylives.org.uk](http://www.familylives.org.uk)

## Upcoming Groups, Events & Workshops:

Start Date:	Group / Event / Workshop:	Venue:	Contact:
Every 3rd Wednesday in the month	Family Support/Therapeutic Advice Clinic. 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 / <a href="mailto:julia.whiteley@aireboroughxs.co.uk">julia.whiteley@aireboroughxs.co.uk</a>
8th Feb 6-7.30pm	Preventing Child to Parent Violence (Professionals only) - A Case Study from Leeds Youth Offending Service	Michael Sadler Building, University of Leeds	For more information contact Poppy Beacock on 0113 343 6892 / <a href="mailto:p.beacock@leeds.ac.uk">p.beacock@leeds.ac.uk</a> or you can register your interest at: <a href="https://preventingchild2parentviolence.eventbrite.co.uk">https://preventingchild2parentviolence.eventbrite.co.uk</a>
27th Feb for 10 weeks (term-time only)	Take 3 - A course for parents of 10-18 year olds	Yeadon Tarn, Sailing & Activities Centre, Cemetery Road, Yeadon, LS19 7UR	Places can be booked by visiting our website <a href="http://www.aireboroughxs.co.uk">www.aireboroughxs.co.uk</a> or by calling the office on 0113 250 6593
TBC	Domestic Abuse Awareness Course	TBC	Further information will be provided via our website <a href="http://www.aireboroughxs.co.uk">www.aireboroughxs.co.uk</a>

## What Parents and Young People have said about our services:

*"I enjoyed getting to talk to someone I could trust because it felt better than bottling everything up"* (Therapeutic Counselling)

*"I feel more confident and more positive thanks to STEP Forward"* (STEPS Family Support Programme)

*"I am able to talk about my worries and feel confident and safe knowing they won't be told to anyone else.....she gives me advice on what to do to help and I feel I can manage with my worries now"* (Therapeutic Counselling)

*"It came along at just the right time.....It's been a real life-saver"* (STEPS Family Support Programme)