



# OSMANI PRIMARY SCHOOL &

## SIDEBESIDE



AUTUMN TERM 2015

### SideBeSide Services at Osmani School

By Samira Shaya

#### What is SideBeSide

SideBeSide is part of the umbrella charity, the **1-Up Foundation**. The 1-Up Foundation aims to help children and young people, both in "the now", so they have better childhoods, and in "the future", so they have better outcomes as adults.

With a mission to enhance wellbeing and future prospects, 1-Up's vision is to see a community where children are able to enjoy childhoods, and make positive transitions into adulthood, regardless of the disadvantages or vulnerabilities they face. The 1-Up Foundation underpinned by values of unconditional positive regard, empathy, non-judgmental attitudes, compassion, and creative nurturing.

SideBeSide offers a Well-being service in schools. This service aims to ensure that school students who have emotional, family or learning needs, have access to trainee and qualified professionals to provide timely support. Clients will be aged between 5-11 years old, and referred to 1-UP's services by their school, or self-referred from within the school. The core services offered include:

- Psychotherapy and Creative Therapies
- Speech & Language
- Occupational Therapy
- Social Work support
- Therapeutic Groups
- One-to-one therapeutic support for parents/carers
- Parenting Groups
- One-to-one therapeutic support for school staff
- In-school volunteers, working 1:1, in small groups and whole classes
- Advice and consultation to staff, one-to-one and in small groups, on working to improve children's well-being

### The Current Therapy Team:

Samira Shaya – SideBeSide Team Manager at Osmani Primary School

Gary – Trainee Child & Adolescent Psychotherapist

Patricia – Qualified Adult Psychotherapist / Trainee Child Psychotherapist

Nelly – Trainee Child Psychotherapist

Alex – Adult Integrative Psychotherapist

By the start of the new year, we will have more therapists joining our team, so we can offer more children at the school therapeutic services to support their general emotional well-being, friendships and learning. Currently our team are providing 8 children with individual therapeutic support. We are also offering a space for all children at the school to access therapeutic support through **TalkTime**.

We are hoping, in the new year, to have an **Occupational Therapist student and/or Speech & Language and/or Social Work Student** placed at the school; to offer specialist support to teachers, children and families.

### Talk-Time

Talk-Time offers all children at the school, an opportunity to access support from an adult trained in therapeutic listening. Children are offered ten - fifteen minute slots during lunch and play breaks. Children can come alone, in pairs or more, to talk about anything they would like support with.

Common subjects that arise include changing friendships, loneliness, sibling rivalry, bullying, nightmares, home life and adult behaviour that they don't understand or find challenging. Where appropriate, the children are supported to use new tools and strategies to deal with the presenting issues themselves, and sometimes their agreement is sought to discuss the concern with school staff or parents.

### Therapeutic Groups:

#### Lunchtime Club

We are currently offering one lunchtime group on Thursdays. The group runs for half an hour during the lunch break and offers an opportunity for children to take part in various play and creative activities, as a medium for communication and expression.

The Thursday group is offered to children who are new to the school and may need support settling into a new school, making new friends whilst mourning the loss of their previous school, teaching staff and friends.

The hope is to run at least two lunchtime groups, for children who would benefit from extra support, around managing friendships and peer relationships.

#### Transitional Group

The transition to secondary school is often a difficult time for children in year 6, as they will be leaving their school and friends that they have often known for many years. Many will be going to schools where they do not know anyone and where the structure is very different from primary schools. To support children with this transition, we are planning to run transitional groups during the summer term for a number of year 6 children.



