



SideBeSide Update

Osmani Primary School

Spring Term

07/03/2018

Break down by Numbers

Children in Therapy (+3 available slots for new referrals)	16	Children receiving weekly drop in support	4
Therapy sessions this term	87	Children in Clubs	13
Children seen for SaLT	8	Parent Meetings	16
Children seen for OT	26	Children receiving weekly in-class support	1
Children seen for 6XTT	4		

The Team

Lucy Freeman	<i>SideBeSide Team Manager, Art Psychotherapist</i>
Tammy Zhelyazkova	<i>Play therapist</i>
Kate Bowes	<i>Art Psychotherapist</i>
Kirsty Kirby	<i>Trainee Occupational Therapist</i>
Claudine Freiden	<i>Trainee Integrative Child Psychotherapist</i>
Olivia Felton	<i>Trainee Integrative Child Counsellor</i>
Samantha Amissah	<i>Trainee Integrative Child Counsellor</i>
Francesca Crocker	<i>Trainee Integrative Child Psychotherapist</i>
Jasmine Lam	<i>Trainee Art Psychotherapist</i>

Our Progress

- This term we have said goodbye to some of our trainee therapists that have been working 1:1 with children for a year or more, and welcomed 4 new trainee therapists. This has opened up slots for more children to access therapy as others' come to an end.
- It was Children's Mental Health Week on the 5th-11th February. SideBeSide ran workshops in every class from nursery to year 6 around the theme of 'Feelings Matter'. The children engaged with thinking about how many different feelings we all experience and how they could support their peers with difficult feelings. The children particularly liked creating feeling characters using finger prints.
- We have been working hard at SideBeSide to ensure we are accessing the children who are in most need of social and emotional support. This term we have launched new 'Speak Up' slips, the children choose if they need to speak



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to someone about a worry or if they want to do an activity with friends. This has already helped us to better identify the children needing more specific input whilst allowing all the children to feel they can be part of SideBeSide.

- SideBeSide led a coffee morning on the topic 'How can parents further support their child's emotional wellbeing'. This was well-attended and the parents engaged really positively.

Quote

"SideBeSide is helpful to me because when I'm sad Lucy helps me to figure it out and to do an activity that I like"
- Year 6 child accessing regular drop-ins.

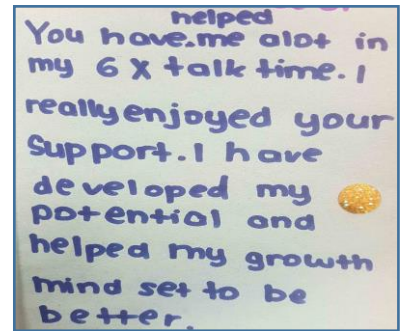
Images



CMHW Feelings stickers made using our finger prints.



Post-it notes collecting ideas from the children about what might cause difficult feelings.



Feedback from a year 6 child accessing 6xTalkTime.



The children have been developing their social skills and building friendships whilst getting creative



SBS lunchtime club display - Our display this term celebrates the work by children in our lunchtime clubs.



SideBeSide led a coffee morning on the topic 'How can parents further support their child's emotional wellbeing'.