

The Team

UP Team Manager	Eunice Laurel
Qualified Therapist	Kate Bowes
Qualified Therapist	Lucy Targui Brown
Qualified Therapist	Jenny Glithero
Trainee Therapist	Sarah Newby
Trainee Therapist	Thania Tympanari
Trainee Therapist	Marian Isaias
Occupational Therapy (OT) Student	Chloe Cavender

Overview of the Term

It has been a busy first term at Osmani Primary School with lots of exciting changes in the UP team. The new Therapy Team Manager started, qualified therapists returned and new trainees joined the service.

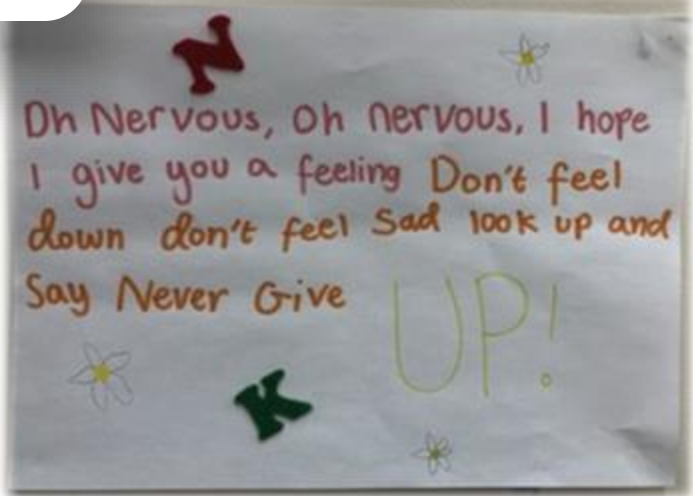
For the students of Osmani, besides the excitement and challenges of settling into a new academic year, the children also faced themes of loss and bereavement with the news of Queen Elizabeth II's passing. It was an opportunity to hold these themes in mind as we supported the children through Speak Ups, Check Ins and in their 1:1 sessions.

"I feel listened to. It makes my heart feel like a big balloon."

Year 4 Child in a 'Speak Up'

"I notice a change in my child's wellbeing when he has therapy and I'm really happy he can have it again this year."

Parent of a child accessing 1:1 therapy



Year 5 Child artwork during a Check In

Breakdown by Numbers

13	Children in 1:1 therapy	97	Therapy sessions offered this term
10	Children seen for OT this term	20	Children seen for Check Ins this term
52	Children seen for Speak Ups this term	2	Children seen for 6xTT this term
28	Parent meetings offered this term	6	Professional Meetings attended by the Therapy Manager this term
0	Parents attended the online Positive Parenting Group	0	Children seen for Therapeutic Groups this term

The **Speak Up** box was well used after the Summer holidays, particularly by years 4, 5 and 6, with children sharing their worries and anxieties as they settled into the new academic year, which is natural after the long break. The **Speak Ups** help us to identify children that need extra support, which can result in weekly or fortnightly **Check Ins** or referrals to 1:1 **Therapy**.

The good use of the **Speak Up** box also highlights the way the service is kept in mind by the children through the crossover between academic years, Therapists and Therapy Team Managers. As one of our therapists noted, "it is a great example of how the service is wrapped around the children and how we work together as a team to ensure the support is ongoing".

Occupational Therapy (OT) Interventions

It was great to have Occupational Therapy student, Chloe, join the UP team this term. With the collaboration of the teaching staff, Penny Seymour and through her own independent observations, Chloe identified 10 students who would benefit from additional OT support.

Chloe worked with children individually and in groups to provide targeted interventions around a variety of themes, such as, support for fine motor skills, handwriting and concentration in class. It's been a pleasure to have Chloe with us this term and we have been impressed by her enthusiasm.



Staff Updates

The UP service welcomed back to the new year our fantastic therapists Kate Bowes, Lucy Targui Brown and Sarah Newby to continue their work with some of our children. We also welcome the return of therapist, Jenny Glithero back to Osmani.

We will be saying goodbye to Lucy who will be moving on at the end of this term. We wish Lucy all the best and express our gratitude for the wonderful work and support she has given to our children. We also say goodbye to our Occupational Therapy Student, Chloe, who will be finishing her placement in December. We wish you all the best in your studies!

Lastly, I am very pleased to welcome trainee therapists Thania Tympanari and Marian Isaias who will be joining our service for this academic year.

About the Therapy Team Manager

My name is Eunice and I am the Therapy Team Manager for Osmani. I am a qualified Dance Movement Psychotherapist (MA, ADMP) and have a background working in schools and adult inpatient units in the NHS. I am also a qualified and trauma-informed Yoga Facilitator working primarily in therapeutic settings for charities and NGOs.

What is Dance Movement Psychotherapy (DMP)? DMP is a creative arts therapy that sits alongside its siblings, Art Therapy, Drama Therapy and Music Therapy. Dance Movement Psychotherapists help make sense of body sensations, movements or gestures that express a feeling or experience. DMP offers another lens of support that centers the body and movement in processing, expression, exploration and creativity.

I've really enjoyed my first term at Osmani and have felt so welcomed by all the staff and students!

