



SideBeSide Annual Overview

Osmani Primary School | September 2016- June 2017

Breakdown by Numbers

Children in Therapy

17

Children seen for Occupational Therapy

15

Therapy Sessions (to date, 20/06/17)

348

Children seen for 6xTalkTime

16

Parent Meetings

34

Children seen for drop-in TalkTime

138

Children in Clubs

25

The Team

Lucy Freeman
SideBeSide Team Manager, Art Therapist

Anita Stewart
Art Therapist

Natasha Bailey
Trainee Integrative Child and Adolescent Psychotherapist and Counsellor

Gary Baron
Trainee Child, Adolescent and Family Psychotherapist

Monica Henry
Trainee Child and Adolescent Counsellor

Holly Lambden
Trainee Child, Adolescent and Family Psychotherapist

Charlotte Eilenberg
Trainee Child and Adolescent Psychotherapist

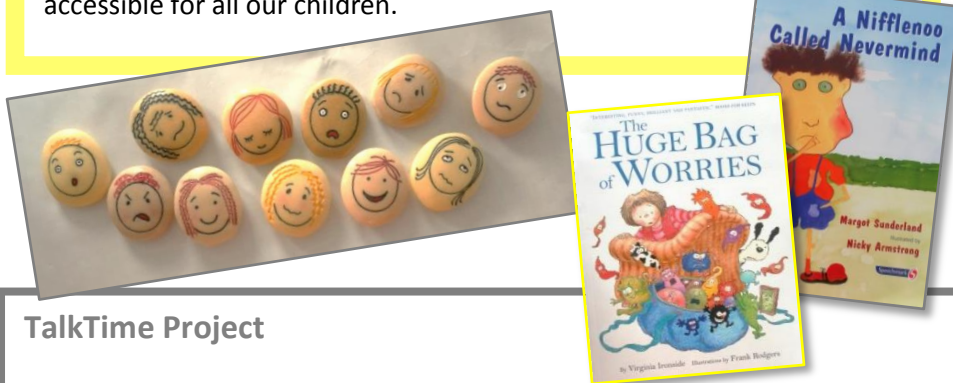
Denise Jacobs
Trainee Integrative Child & Adolescent Psychotherapist

Our News

1:1 Child Psychotherapy

Child psychotherapy is a long term intervention. It provides the opportunity for children to express themselves and explore their feelings. Children are referred to 1:1 therapy by the pastoral team in Osmani. Sessions are weekly and continue for a year.

At the beginning of academic this year SideBeSide reorganised the therapy room at Osmani to improve the experience for children and therapists. SideBeSide continue to add resources and materials to the room as appropriate. This year we've introduced therapeutic books as well as emotion stones and we continue to work towards an ethnically diverse range of miniature toys to ensure the room is relevant and accessible for all our children.



TalkTime Project

A year 6 child came to TalkTime Drop-in earlier this year and expressed finding it difficult being the only child in the school of a particular religion, she struggled to articulate her beliefs to her peers (it is a minority religion it isn't taught in R.E). To support this child SideBeSide organised a TalkTime Project; together with the team manager and one of her peers we researched her religion and created a presentation for her class. This allowed this child to explore an aspect of her identity at the time in her life when she needed to understand it; her confidence grew significantly throughout this process. Additionally SideBeSide were able to support with this child's appeal for secondary school. This is an example of the broad service SideBeSide continues to offer, and one of the ways in which we tailor this to the needs of the children in Osmani Primary School.

Drop in Talk Time

Drop-in Talk Time takes place at lunchtime or break, the children can self-refer to see a member of the SideBeSide team for 15mins to talk about anything that is worrying them or that they may require extra support and guidance with.

This year SideBeSide reduced the number of TalkTime Drop-in available in order to offer more lunchtime clubs to children. This has been positive as there are many children who want to be involved with SideBeSide but don't have a particular worry or need. They can therefore put their name forward for lunchtime club, allowing more time for those that really benefit from the drop in session.

6xTalkTime

This was the first year of delivering the new 6xTalkTime programme. 6xTalkTime is a short term intervention delivered by the SideBeSide Team Manager. Sessions are weekly for 6 weeks, they can be 1:1 or in small groups. There are 8 areas we can support with 6xTalkTime, these include:

- Self Esteem
- Emotional Literacy (general)
- Emotional Literacy (understanding anger)
- Social Skills
- Transition and changes

- Moving to a new school
- Moving home
- Divorce and Separation
- Bereavement

Children have responded really well to the support 6xTalkTime has given them; this is an opportunity to develop their understanding of feelings and behaviours. The nurturing attention they receive helps to build their confidence and self-esteem.



Learning about being assertive, Year 3

Lunchtime Club

Lunchtime Club is a creative, fun club that supports friendship and confidence building. Lunchtime club lasts for 6 weeks for each group, this year children from years 6, 5, 4 and 2 have had the opportunity to take part.

Children can put their name down for lunchtime club and can also be referred to lunchtime club by their teacher. Next year, with volunteers starting at SideBeSide, we hope to increase the number of children accessing lunchtime clubs.



Slime experiments, Year 4



Clay works made by Year 4



"Thank you for teaching us how to solve a fight. Thank you for making sure everything is fair for us" Year 5 child accessing 6xTalkTime Social Skills Group