

SideBeSide

NEWSLETTER

SideBeSide services in Osmani Primary School

SideBeSide is a schools based therapeutic service that aims to support the emotional well-being and pro social development of children. We provide a bespoke service, integrated within the pastoral services already offered in the school and responsive to the specific needs of each school we work with.

SideBeSide has now been providing services in Osmani Primary School for a year. The services we currently deliver are:

- Psychotherapy and creative arts therapies for children and at times parents/carers.
- Short term (6 week) focused interventions, both 1:1 and in small groups.
- Drop in Talk-time sessions for which children can self-refer
- Lunchtime clubs
- Occupational and Speech and Language therapy (to restart in January 2017).

New Team Manager

In September Samira Shaya, SideBeSide Team Manager at Osmani Primary School, left SideBeSide for a new role working as a Child Psychotherapist.

Samira handed over the SideBeSide service in Osmani to myself, Lucy Freeman.

I am a qualified art therapist. I have ranging experience working with families, young people and children in a variety of roles in both educational and care settings.

I am very happy to have taken on this new role as SideBeSide Team Manager in Osmani.

I would like to thank the children and staff at Osmani Primary School for being so welcoming towards me in this first term.



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Current Therapy 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



Drop in Talk Time

Talk Time is an opportunity for children to talk about anything that is worrying them with a member of the SideBeSide team. Children post a slip into the confidential SideBeSide postbox. A 15 minute appointment is then made for during break or lunchtime.

So far this term **35 children have attended drop in Talk Time**. Children have discussed issues such as friendship problems, family illness and their thoughts on the curriculum.

Talk Time is very popular and has received over 80 self-referrals this term. This is a great way for SideBeSide to get to know many of the children at Osmani.

One to One Child Psychotherapy

Currently **9 children are accessing 1:1**

psychotherapy. Child psychotherapy provides children with the opportunity to express themselves and explore any emotional difficulties they might be experiencing. Children are referred to SideBeSide by the pastoral team in Osmani.

These sessions are either 45 or 50 minutes in length. They are scheduled around the child's timetable, through discussion with the school SENCO and the child's teacher to reduce any negative impact on their learning.

This term SideBeSide asked all therapists using the room for their views on how it suits their therapeutic approach and how it works for the children using it. Based on feedback another therapist from SideBeSide was brought in, together we rearranged the room and made changes to the materials and toys available. The children and therapists have responded really well to this change.



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New 6xTalkTime Intervention

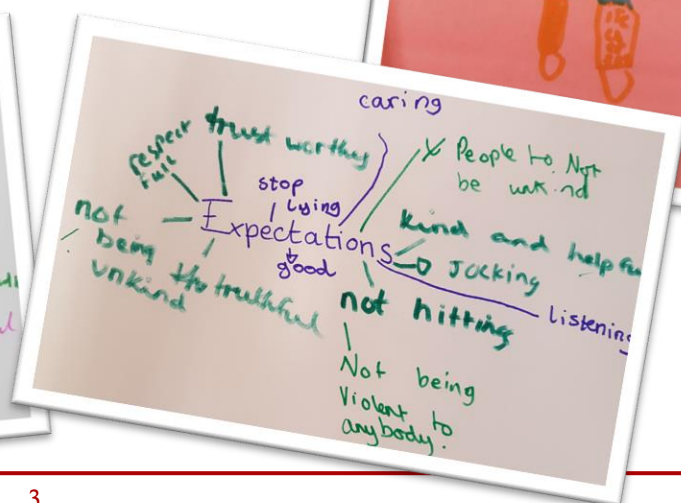
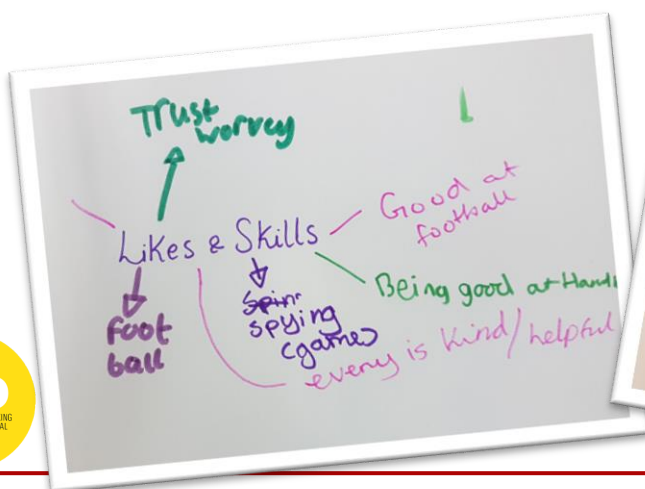
6xTalk Time has been reworked by SideBeSide and began in Osmani this term. It remains a short term intervention, with a format of weekly sessions for 6 weeks, however there are now specific learning outcomes set around one of eight topics, these include:

- Self Esteem
- Social Skills
- Emotional Literacy (General)
- Emotional Literacy (Understanding Anger)
- Transition and Changes:
 - Moving to a new school
 - Moving home
 - Divorce and Separation
 - Bereavement

The SideBeSide Team Managers will continue to deliver the intervention, now using specific resources to plan outcome focused activities.

6xTalkTime can now be delivered with small groups of children where appropriate, this term SideBeSide is running two 6xTalkTime groups focused on Social Skills – ‘Building and Maintaining Positive Friendships’. The children are engaging really well with the directive activities, see pictures above of some of their work so far.

Another child is also doing 1:1 6xTalkTime meaning **9 children will take part in this intervention this term.**



Year 2 Lunchtime Club

Every half term different groups of children will have the opportunity to take part in lunchtime clubs. These can be delivered by any of the SideBeSide team, I anticipate the number of clubs we can offer will grow as my team does of the course of the year.

This half term **6 children in year 2 have taken part in lunchtime club**. These children were chosen because they are either new to the school, or it was felt they would be a good companion for the new children.

The focus of this club is group art projects. The children will do lots of creative activities where they must work together as a group practicing their sharing and communication skills. Below are some images of what they have made so far:



Coming up in the New Year....

As of January SideBeSide should have two new trainee therapists beginning their placements at Osmani. This means we will be able to offer 1:1 therapy 5 days a week. We will also be welcoming Trainee Occupational Therapists and Trainee Speech and Language therapists to the team and a new volunteer.

I am looking forward to welcoming these new members to my team so that I can ensure as many children can benefit from our service in Osmani Primary School as possible.

Thank you for taking the time to read about SideBeSide in Osmani Primary School, if you have any questions or queries about the service please contact me on 07341731520 or lucy.freeman@up.org.uk,

Wish best wishes,

Lucy



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