

The Team

Therapy Team Manager	Eunice Laurel
Complex Case Therapist	Kate Bowes
Complex Case Therapist	Jenny Glithero
Qualified Therapist	Sarah Newby
Trainee Therapist	Marian Isais
Trainee Therapist	Thania Tympanari
Trainee Therapist	Julia Savage
Trainee Speech and Language Therapist	Kirsty Herbert

I've never really talked about my feelings with an adult before. It wasn't so bad.

YEAR 4 CHILD IN A CHECK IN



Thank you so much for the work you've done with 'A'. She is now coming out of herself; other staff have noticed this as well and she now has good support from her classmate. It's really nice to see.

FEEDBACK FROM A TEACHER OF A CHILD IN THERAPY.

Breakdown by Numbers

18	Children seen in 1:1 therapy	35	Children seen for Check-ins
191	Therapy sessions offered	102	Children seen for Speak Up's
3	Children seen for 6xTalkTime	30	Teacher Meetings attended
1	Group seen for SaLT	31	Parent Meetings attended
5	Children seen in Wellbeing Groups	11	Professional Meetings attended by the UP team
16	Children seen in Transition Groups		

It has been a full term with children in Year 6 revising for, and sitting, their SATs and preparing for their new adventure to secondary school. Naturally, worries were more present, and the Speak Up box was very well used as children reached out for emotional support.

The UP service were on board to be a listening ear for children to speak about their anxieties either through 6xTT's or Check In's. In addition, UP has also facilitated two Year 6 Transition Groups to offer a space to process the change from primary school to secondary school, which is on the horizon.

The UP team work with children in multidimensional ways, such as through talking, movement, play and art. The artwork above, an island scene of refuge created by a Year 6 child, is a beautiful example of what may emerge when children have a space to feel listened to, connect with their emotions and express themselves.



Wellbeing Groups

This term, a group of Year 5 children attended a wellbeing group that focused on fortifying their self-esteem and enhancing their social skills. They worked together to create a poster identifying important attributes for living within a community; they made friendship bracelets, learned how to have challenging conversations in disagreements and how to support each other when things felt hard.

The group members said they felt more confident to speak up in class and in the playground. Importantly, they felt more able to turn to the peers in the group for comfort and support in times that felt difficult.

Lumi Nova: Tales of Courage!

I am very pleased to announce that we will be using a new digital application, called Lumi Nova, to support some of the children at Osmani.

Lumi Nova is a child-led therapeutic digital intervention for 7-12 year olds, aimed at enabling children to manage their worries. Through fun and engaging games, the app provides safe and manageable exposure to core anxieties, that have been identified specifically for this age group, such as mild to moderate social anxiety, separation anxiety and phobias. The app provides story-based psychoeducation and utilises aspects of Cognitive Behavioural Therapy, such as 'exposure therapy', that is used both in the digital realm and through real life exposure to challenges, with the support of a parent/carer.



Thank You!

As we come to the end of the academic year, I would like to acknowledge the hard work of our brilliant team of qualified and trainee therapists who truly care about the mental health and total wellbeing of the children they support.

It is also through the collaboration of the Designated Safeguarding Lead, the Senior Leadership Team, and the hard-working teachers at Osmani, who all do an amazing job of identifying children who need that extra support, that we are able to provide important spaces for children to thrive and grow.