

## The Team

Therapy Team Manager

Eunice Laurel

Complex Case Therapist

Sarah Turner

Complex Case Therapist

Francesca Croker

Therapy Trainee

Julia Savage

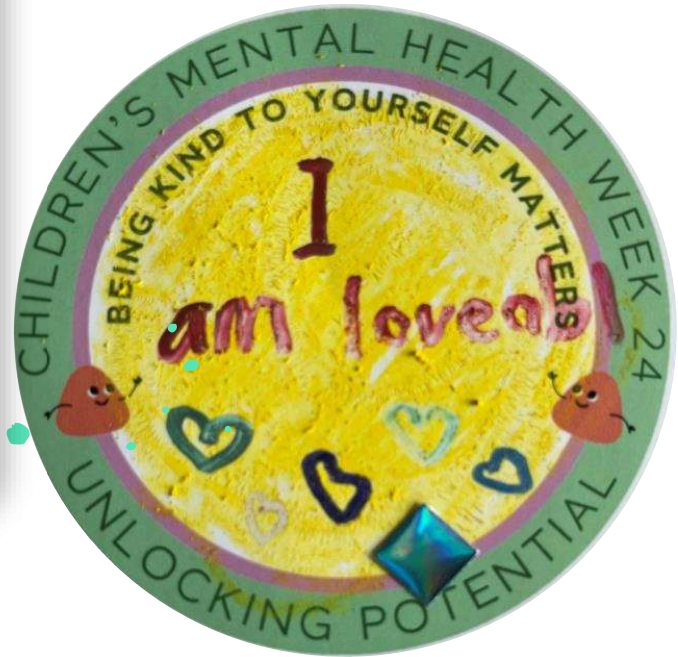
Therapy Trainee

Thania Tympanari

Speech & Language  
Therapy Trainee

Sardia St. Louis

“Children’s mental health is important every day, not just for one week.”  
*Year 5 Child in CMHW Assembly*”



“I’m so grateful my child has this space. I really think the work you’re doing has helped them to open up to me more.”  
*Parent of a child in Therapy*”

## Breakdown by Numbers

11

Children seen in 1:1 therapy

9

Children seen for Speech and Language Therapy

92

Therapy sessions offered

24

Check In sessions attended

5

Children seen for 6xTalkTime

49

Children seen for Speak Ups

12

Children seen for Occupational Therapy

10

Teacher Meetings Attended

42

Occupational Therapy sessions offered

25

Parent Meetings attended

3

Children seen in Wellbeing Groups

9

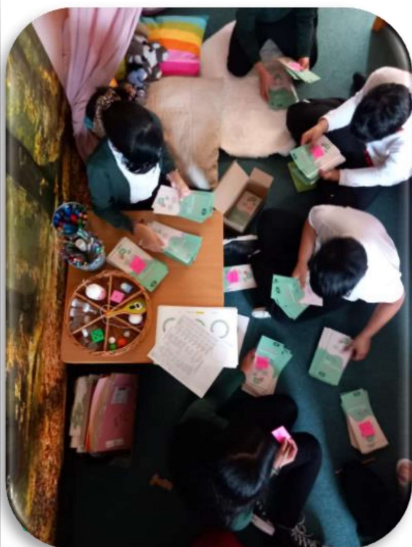
Professional Meetings attended by the UP team

## The Importance of Self-Care

The theme of this term’s Service Update centres around the importance of self-care. As adults, we receive a lot of encouragement to engage in self-care practices to support our total well-being: physical, mental, emotional and spiritual. Whilst this can often conjure up images of spa visits, true self-care is the practice of developing a kinder way of being towards ourselves and developing a compassionate inner voice in order to navigate a complex world.

This term, we helped support children to practice finding their kind inner voice through activities and discussions within Children’s Mental Health Week. In essence, part of the work we do as a service, through our support and interventions, is to listen to children, and help them deeply listen to themselves and find their own compassionate voice.

## Children’s Mental Health Week (5 Feb – 9 Feb)



This year, the UP Children’s Mental Health Week (CMHW) theme was ‘Being Kind to Yourself Matters’. A small team of young people from Year 5 and 6, passionate about advocating for mental health awareness in the school, supported the weeks endeavors as ‘Children’s Mental Health Week Ambassadors’. They joined forces with the Therapy Team Manager to carefully distribute CMHW activity packs and stickers to all classes, and importantly co-facilitated activities in all the classrooms across the week.

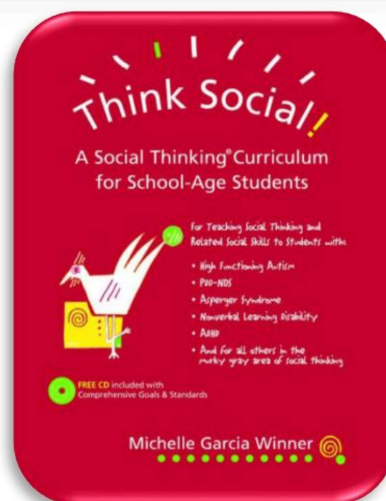
Some of the highlights of the week include; creating cards for each child offering kind words from each of their classmates, reading ‘Have you Filled You Bucket Book’ to the younger years, and creating lists of personal qualities and achievements they are proud of.

All the young CMHW Ambassadors did a fantastic job of presenting, reading and advocating the important message, that being kind also extends to the words and actions we offer ourselves!

## Speech and Language Therapy: ‘Flexible Thinking’ Group

We are delighted to have the support of our wonderful Speech & Language Team who are facilitating a ‘Flexible Thinking’ group this term. The team, headed by our Speech and Language Lead, Becky, and facilitated by trainee, Sardia, will support three groups of children from Year 1 and Year 4.

Developed by Michelle Garcia-Winner, a Speech & Language Therapist, the ‘Think Social’ approach offers a fun and motivating exploration of Social Skills that help children better understand social situations, and also benefit pupils struggling with friendships or social engagement.



## Staff Updates

We are very pleased to welcome our Complex Case Therapists, Francesca Croker and Sarah Turner, to Osmani. Francesca, a Play Therapist, returns to us after a break. Sarah is a qualified Intercultural & Integrative Psychotherapist and is very much looking forward to being part of the school community.

I would also like to welcome Speech & Language Trainee, Sardia St. Louis, to the team this term. Sardia is in her final year of a BSc Speech and Language Therapy degree from City, University of London. Sardia will be working with the Osmani children in the Spring term to offer a Speech & Language ‘Flexible Thinking’ group to our Year 1 and Year 4 children.

