

Unlocking Potential -Annual Overview

Osmani Primary School | September 2018 - July 2019

The Team

Team manager & Art Psychotherapist	Rachel Shrive
Qualified Play Therapist	Tammy Zhelyazkova
Qualified Art Psychotherapist	Kate Bowes
Trainee Integrative Child Psychotherapist	Francesca Crocker
Trainee Integrative Child Psychotherapist	Claudine Freiden
Trainee Integrative Child Counsellor	Samantha Amissah
Volunteer	Shaminder Gill

Annual Statistics of Interventions Accessed by Children

(September 2018- July 2019)

1:1 therapy	26	Year 6 Transitional groups	22
Therapy sessions attended	429	Weekly drop ins	14
6XTalkTime 1:1	11	Weekly Lunchtime clubs	53
6XTalkTime Group	0	Parent meetings	62
Occupational Therapy 1:1	32	Speak Up's	73
Occupational Therapy Groups	25	Volunteer hours	22

"Coming to UP makes me feel happy because I get to share my worries." Yr3 pupil



News

During the summer term we had 19 children accessing our long term therapy service. In September 5 spaces will become available, this will allow vulnerable children in Osmani the opportunity to explore difficult feelings and express themselves in a safe space.

This term we will sadly say goodbye to our year 6 pupils, with new prospects on the horizon and excitement in the air UP understands it can also be a daunting time where transitions can sometimes feel scary.

To help combat any dilemmas yr6 might face when navigating a new school, UP are running weekly transition workshops to prepare the pupils for secondary school. These workshops are designed to encourage independence and communication.



LUNCHTIME SOCIAL GROUP

Sometimes it's hard to build strong friendships especially when you feel shy or misunderstood. Every week I hold a lunchtime club for a select group of pupils. These pupils partake in craft activities and card games, these are all designed to build emotional literacy and social skills while making enjoyable memories with friends.



VOLUNTEERING

On behalf of UP & Osmani I would like say a big thank you to our volunteer Shaminder for dedicating his time and knowledge to our chess club and enriching the children's learning and understanding of the game.

SPEAK UP

Speak Up is a self-referred system whereby the pupils can fill out a worry slip and post it into our UP confidential letterbox. This is a great opportunity for the pupils to be heard. This term we received 34 slips. Each child received a 15 minute 1:1 Speak Up with Rachel to talk about their worry or concern. During this time we either add to the woodland wall or we play a card



6xTALKTIME

6xTT is a short-term intervention with the Team Manager, these sessions are catered to the child's individual needs. The picture below is a short storybook made by a pupil who needed support building their self-esteem. We explored what it means to be confident and what might stop you from being yourself around others.



OT

This year our OT students have been able to offer a total of 57 sessions both 1:1 and group settings. During these sessions the children learn how to develop their fine motor skills and improve their handwriting.

WORKING WITH PARENTS

It is really important to UP & Osmani that we work closely with the parents and carers. This term I collaborated with the schools SALT therapist to support families with autistic children. I put together a pack with additional information and clubs outside of Osmani to encourage social interaction and decrease isolation within the community.

