



# About THEWS

The Tower Hamlets Education Wellbeing Service (THEWS) is a new service in Tower Hamlets to improve wellbeing for children and young people.

THEWS has three aims:

- To help children and young people, aged 5-19 years old, get earlier access to mental health and wellbeing support
- To help schools develop a 'whole school approach' to promoting wellbeing
- To work alongside and link in with other services providing mental health and wellbeing support

THEWS works in partnership with a variety of schools and colleges around Tower Hamlets and are expanding to increase the number we are working with.

“ Transforming mental health to create a shared context that is inclusive and equal will require a cultural change across health, education and social care . ”

*National Collaborating Centre for Mental Health*

## Find out more via...



### ...YouTube

Account: East London NHS Foundation Trust  
Playlist: Tower Hamlets Education Wellbeing Service



### ...Instagram

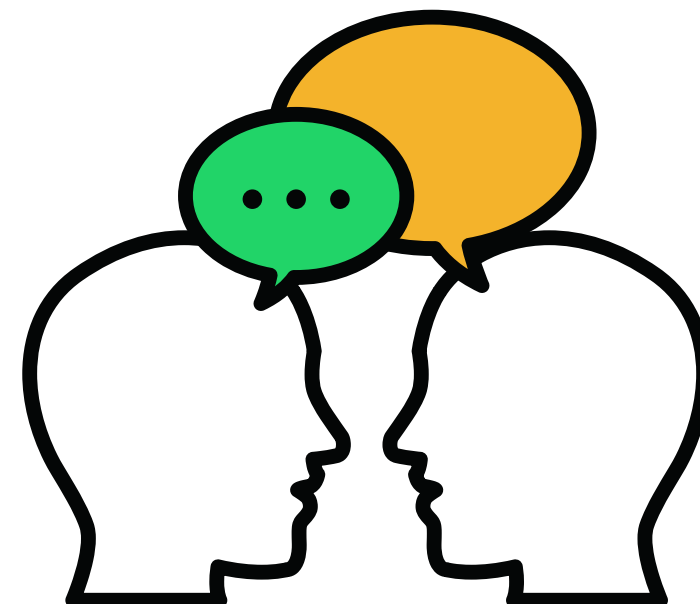
@thews\_elft



padlet

### ...padlet website

<https://padlet.com/thews/594eexe9mxs12lqm>



## Contact Us

Your school pastoral team or SENCo will know about us and be able to give advice on THEWS in your school.

[elft.thews@nhs.net](mailto:elft.thews@nhs.net)

020 7426 2375

16-18 Greatorex Street, London, E1 5NF



TOWER HAMLETS EDUCATION WELLBEING SERVICE (THEWS)

# Parents Leaflet

## Primary Schools

### What can THEWS offer?

- Parent-led support for parents who are concerned about early signs of anxiety or behavioural difficulties in their child. This can be delivered via:
  - 1:1 sessions
  - workshops
  - Groups sessions
- Signposting to other services and support and help getting in contact with them
- Workshops on a variety of topics related to emotional and mental wellbeing in children

*If you would like to know more about any of the above, please contact your school's pastoral team or SENCo.*

## Secondary Schools

### What can THEWS offer?

- Support is available for young people who are experiencing low mood and anxiety difficulties. The support that can be offered:
  - 1:1 sessions
  - workshops
  - group sessions

01.

Fill out a referral form. Your school's SENCo or pastoral team should be able to advise where these are available in your school and how to deliver them to us.

We will get in contact to arrange an initial meeting with you. Here we aim to find out more about what your child may be experiencing.

02.

03.

Following this, we reached a shared decision with you about what we think the best action plan would be to support your child. It might be more sessions with us, or we might help you get in touch with other services.

## Our Network

We aim to link in with other services in the borough to provide joint up working. We also work in direct partnership with Step Forward:



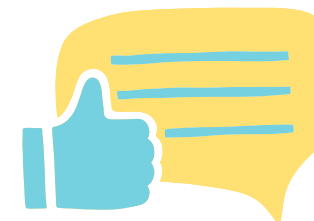
Step Forward offer free and confidential support services for young people aged 11-25 in Tower Hamlets, including counselling, personal development, LGBTQ, sexual health, mindfulness and art therapy.

They understood what was going on for my child and listened well, without judgement. Practical suggestions were useful.

*Feedback from a parent who has worked with THEWS*

## Steps for Individual Support

*Our sessions are confidential and we always ask your permission before sharing information with the school or any other professionals, unless we think there may be a safeguarding concern not to do so.*



If you have any feedback about our service, we'd love to hear it. It can be via the school or at [elft.thews@nhs.net](mailto:elft.thews@nhs.net)