

## 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 |
| Therapy Trainee        | Freda Kamanda    |

“ 'H' is really benefitting from her therapy sessions... I recommend that she continues them as part of her overall support plan. ”

*External mental health professional supporting a Reception child accessing 1:1 therapy*



“ My child is beginning to open up to me since having his sessions. He wants to keep doing them next year! ”

*Parent of a Year 3 child in 6xTT*

## Term News

The Summer Term is always jam-packed with preparation for SATs, various school outings, getting ready for the end-of-year production and, of course, the lead up to the summer holidays.

The UP service has been able to support the Year 6s with managing SATs anxiety, as well as running lunchtime discussions with children keen to share their worries about exams and the transition to secondary school.

Our team of qualified therapists and trainee therapists specialise in different modalities to support the children; from talking, play, movement and art. The above image, a clay creation made by a child in KS2, is a wonderful example of communication through creation. He created the cup to 'hold all the hard things in one place'.

## Breakdown by Numbers

|     |  |    |   |
|-----|--|----|---|
| 12  | Children seen in 1:1 therapy                       | 36 | Check In Sessions Attended                    |
| 102 | Therapy sessions offered                           | 79 | Children seen for Speak Ups                   |
| 5   | Children seen for 6xTalkTime                       | 11 | Teacher Meetings Attended                     |
| 26  | Number of children seen in Wellbeing Groups        | 18 | Parent Meetings attended                      |
| 6   | Number of children seen in Year 6 Transition Group | 7  | Professional Meetings attended by the UP team |



## Year 6 SATs

In the weeks leading up to SATs, UP supported both Year 6 classes through two wellbeing workshops that offered a space for the children to voice some of their exam worries, and importantly, offered cathartic tools to help manage their anxiety.

Tips included breathing methods to help focus and relax, reminders to create supportive peer groups and identifying grown-ups to speak with about their worries.

The children also really enjoyed using their bodies to help support their wellbeing, from shaking out their feelings to counteract feeling stuck and frozen, to creating and practicing their powerful strong stances to help develop confidence. They particularly enjoyed the body mapping meditation to encourage restful sleep with the use of gentle gong sounds.

## 6 x Talk Time

6x Talk Time continues to be a successful intervention for children with Social, Emotional and Mental Health (SEMH) needs.

The main theme for many of the children has centred around 'feeling misunderstood', which elevated their feelings of loneliness. This term, the children who accessed 6xTT benefitted from creating a Special Book, a notebook that allowed each child to draw or write their likes and dislikes, share their dreams and wishes, and create illustrations or avatars of who they are or aspire to be.

The simple act of having space to reflect on themselves allowed each child to feel more open to share with others and was a boost to their sense of self.



## Staff Updates

We say goodbye to Complex Case Therapist, Sarah Turner. Sarah has made some meaningful contributions in her short time at Osmani and we wish her well. We also say goodbye to Trainee Therapist, Thania Tympanari, who was with us for nearly two academic years gaining important counselling experience. We wish Thania all the best in her new chapter.

In March, we welcomed Trainee Therapist, Freda Kamanda. Freda is undertaking psychotherapy training and will be joining us for an academic year. I am also delighted to welcome Complex Case Therapist, Jenny Cox, who will be starting with us in the new academic year. Jenny is an Integrative Child & Adolescent Psychotherapist (MA) with extensive experience working with children and young people.