



Helping Hands Psychology Service

Autumn 2020

-Promoting the Psychological Wellbeing of Children with Developmental Delay and Disability-

Look out for the speech bubbles throughout this newsletter to see what families and professionals have said about our service so far!

The Team



Dr Jeni McElwee



Dr Charlotte Montgomery



Dr Rebekah Sutherland



Gemma Watts



Rhianon Peters



Rachel Powell



Simone Langston

Our Mission

Our mission is to promote the psychological wellbeing of children with developmental delay and disability, their families, and the professionals that support them. By offering an inclusive and compassionate service, our hope is to empower the system around each child to help foster positive relationships and nurture emotional wellbeing.



"It was very helpful and most comforting."

Workshops

We aim to facilitate one virtual workshop a month where parents and carers of children with additional needs can access specific advice and support. Here is some information about our upcoming workshops:



Supporting Anxious Children

10am-12pm on Tuesday 27th October.

Supporting with Sleep



10am-12pm on Tuesday 17th November.

Nurturing your Relationship with your Child



10am-12pm on Tuesday 15th December.

If you would like to sign up to our workshop mailing list, please email us on

ABB.HelpingHandsTeam@wales.nhs.uk

We will send you monthly updates about our upcoming workshops and details of how to book yourself a space. You can unsubscribe from our mailing list at any time by just emailing us asking to be removed!



"Nice ideas for supporting separation anxiety when children are returning to school."

Updates

New Psychologist in Nevill Hall

We are really pleased to let you know that we have a new psychologist joining Gemma, our assistant psychologist, in Nevill Hall in November. We are looking forward to our team being complete!

We are also really excited that our wonderful **parent-counsellor** Julia is now able to work with families across the whole of Gwent. This expansion was driven by our passion to deliver inclusive and accessible services to all families.

Our **emotional support line** continues to be operational Monday afternoons between 12:30 and 15:30. The support line is available to parents/carers accessing one of the children's centres in Gwent, or professionals working within a children's centre service. Please do call us on: 07816 452601 between the times stated above if you would like to speak with a Psychologist from the team.



We have also been busy co-creating psychologically informed **self-help toolkits** alongside our enthusiastic parent participation group. We are really proud to now have self-help toolkits centred on the following topics:



Anxiety

Transitions

Managing Behaviour

Building Resilience

Supporting Siblings

Friendships

Sleep Hygiene

Please do get in touch with us if you would like a copy of any of our self-help toolkits by emailing: ABB.HelpingHandsTeam@wales.nhs.uk



Groups

Early Positive Approaches to Support (EPAtS)

Charlotte is really excited to be co-facilitating our first EPAtS group this autumn alongside our fantastic trained family carer, Mike. EPAtS is an 8 session group for families of young children (0-5yrs) who have a learning or developmental disability. We provide high quality and specialist advice on a range of topics such as sleep and communication to support resilience and wellbeing.

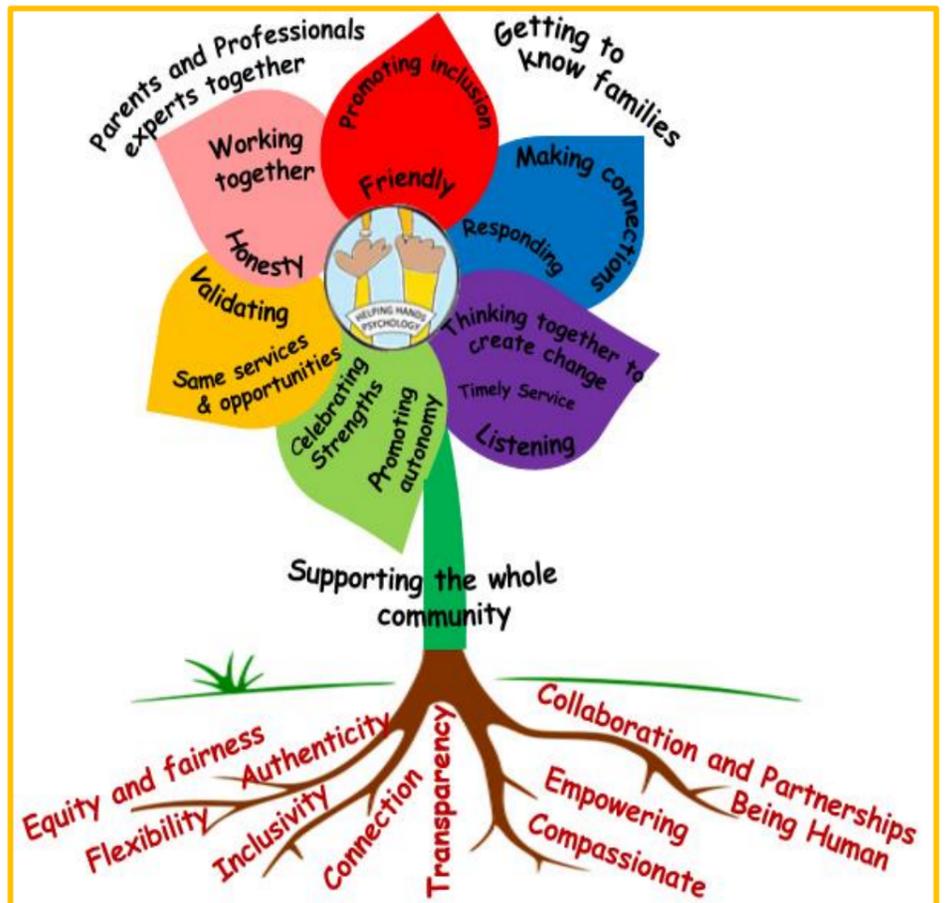
Circle of Security (CoS)

CoS is an 8 week group for parents or carers of children with additional needs from 4 months old to the end of primary school age. We focus on topics such as nurturing your relationship with your child, making sense of difficult behaviours, and understanding your child's needs to improve their self-esteem.

How to book

We are hoping to facilitate another EPAtS group and our first CoS group in January 2021. If you are interested in joining us or would like to know more, please email us on ABB.HelpingHandsTeam@wales.nhs.uk.

Come and say hello to us on Twitter @HHPsych 



Knowledge, Information, Signposting, and Support (KISS) Participation Group

A message from the KISS group:



"When accessing support for our children, and for ourselves, it can sometimes feel like services don't listen, and we feel strongly that the best way for services to develop and improve is through listening to those with lived experience, in our case, of caring for children with additional needs as parents and carers. When you have a little one with additional needs, initially you can feel quite isolated and alone and immediate family and friends won't always understand. Being part of the KISS group provides us with an opportunity to meet other parents/carers and provides a sense of not being alone. Another important part of this is 'giving back' for how helpful we have found services like the Child Development Advisors and support from the Children's Centres. It feels good to work with others who understand where you're coming from and want the best for your child. Understanding that the support is out there feels really key, and being a part of the Helping Hands team feels vital. After experiences of struggling alone, seeing services develop and grow and being a part of driving this is really important to us. It is a relief and comfort that services are wanting to represent us and hear our voices."

A message from the Helping Hands Psychology team:

"The Helping Hands Psychology service feels incredibly proud to work with the members of our brilliant KISS group. The parents and carers involved with the group bring experience and insight and have influenced the values we hold and the way our service has developed. It is a privilege to work together to drive our service forward. Their contributions have been invaluable to developing some of our key documentation such as our toolkits, and we could not have done this without their time, input, enthusiasm and knowledge. We truly believe in the importance of hearing the voices of parents, carers, and children with additional needs and see this group as a core part of our service. It has been such a pleasure to work together towards the overall goal of improving services for children with additional needs, their families, and the professionals that work with them. We are looking forward to continuing our work together"

