

The Team

Therapy Team Manager	Adi Hollander
Complex Case Therapist	Kate Bowes
Complex Case Therapist	Sema Bilen-Alonso
Trainee Therapist	Loren Gibson
Trainee Therapist	Shahena Islam
Trainee Therapist	Maria Haire

When I share my worries it feels like a big weight has lifted off my shoulders

Year 6 Child Accessing Check In's



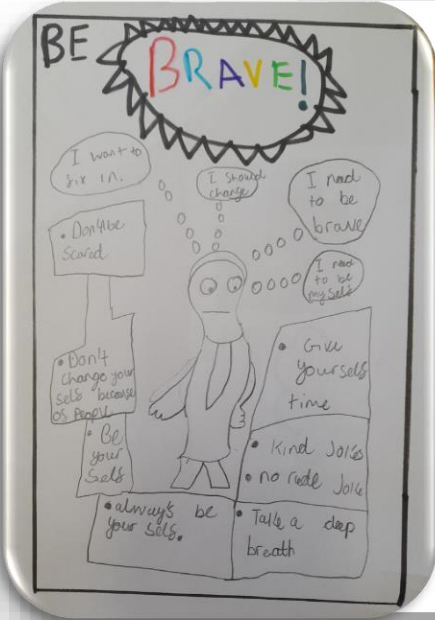
Breakdown by Numbers

15	Children seen in 1:1 therapy	142	Therapy sessions offered
113	Therapy sessions attended	52	Children seen for Check-ins
3	Children seen for 6xTalkTime	93	Children seen for Speak Up's
0	Children seen for OT	14	Teacher Meetings attended
0	Children seen for SaLT	0	Parents attended the Online Parenting Group
11	Children seen in Transition Groups	12	Parent Meetings attended
4	Professional Meetings attended by the UP team		

Term Overview

It has been a vibrant summer term at Southwold. As we come to the end of term, there is a feeling of excitement as the Year 6 children prepare for their upcoming transition to secondary school. There are also upcoming changes to the UP Therapy Team as some trainee therapists end their placement with UP and others get ready to start in the new academic year.

The Therapy Team Manager has continued to work with the staff, parents and children at Southwold to provide a therapeutic service in line with the needs and the wellbeing of the children in the school.



Transition Groups

The Therapy Team Manager worked together with the Senior Leadership Team and Year 6 class teachers to identify small groups of children to take part in transition groups this term.

The aim of these groups were to provide additional support with the upcoming move to secondary school. Through these groups, the Therapy Team Manager provided a space for the children to share any worries and questions they had about this transition, in a supportive and nurturing group. The Therapy Team Manager facilitated activities and open discussion within the group. For one group in particular, it was an opportunity for the children to openly share some misconceptions they had about secondary school that had derived from social media and older peers. As a result of this intervention, the children were more ready for this upcoming transition.

Regulating Emotions in Check Ins and 6x Talk Time

This term the Therapy Team Manager has been supporting children to find ways to better regulate their emotions during Check in's and 6x Talk Time Sessions.

The children have been able to explore a variety of tools to promote self-regulation, alongside talking about how they are feeling. They have been introduced to breathing and grounding exercises, and encouraged to access sensory materials, such as clay and playdough. By modelling these various methods, the Therapy Team Manager supported the children to explore ways to manage their overwhelming feeling states through safe and effective ways.



Speak Ups

This term has seen an increase in the number of Speak Up sessions, from 75 to 93, as the service becomes increasingly embedded in the school.

Across the school, children in both KS1 and KS2 have been able to use the Speak Up self referral system to consider and share difficulties related to anxiety, friendships and wellbeing.

The Therapy Team Manager has worked closely with children and staff to address any worries or difficulties shared by the children.

