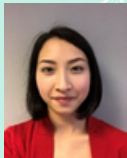


CHILDREN'S CENTRE PSYCHOLOGY HELPING HANDS NEWSLETTER: WINTER 2024

The Team



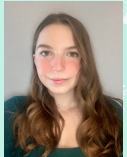
Dr Jeni McElwee



Dr Rebekah Sutherland



Dr Kirstie Davies



Luciana Oliver



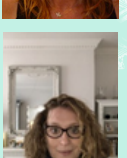
Michael Charles



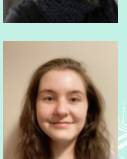
Fenella Chedham



Tamsin Cuthbert



Lucy Bennett-Downes



Emily Humphries

Staffing Update Update

We are pleased to welcome Kirstie to her role as Clinical Psychologist at Serrennu Children's Centre. Kirstie previously worked in the Childrens with Additional Needs pathway prior to getting her doctorate in Clinical Psychology so we are very pleased to see her back.



Hi everyone! I'm Dr Kirstie Davies and I've recently joined as the new Clinical Psychologist in the Children's Centre Psychology team, based in Serrennu Children's Centre. I am really happy to be here and am looking forward to being part of a great team that is passionate about supporting children with additional learning needs and their families.



We are also excited to welcome Pippa, who is an Assistant Psychologist who will be working across the Children with Additional Needs services and supporting us with our workshops and various projects

Hi everyone, I'm Pippa the new Assistant Psychologist working with the team! I'll be mainly working in the Serrennu Children's Centre and providing support from behind the scenes to lots of different teams (but you may see me pop up in the occasional CCP workshop!). I've just finished an MSc in Health Psychology so I'm super excited to be part of a team and making a difference instead of writing essays!



Children's Centre Psychology Workshops

We will be continuing our virtual workshops for parents/carers of children with additional needs. Over the next few months we will be offering the workshops below. Please scan, click on the QR code to book onto these and/or to sign up to our workshop mailing list

Exploring Behaviours That Can Challenge

Monday 27th January
10am-12noon

Supporting Anxiety in Children

Monday 10th February
10am-12noon

Introduction to Sleep

Monday 10th March
10am-12 noon

Introduction to Sensory Processing Parent/Carer Workshop

Wednesday 11th December
10am-12noon

Supporting Communication Parent/Carer Workshop

Wednesday 26th February
10am-12noon



For more information about us and all that we offer please take a look at our Padlet. You can access the Padlet by scanning the QR code below.

We host all of our toolkits, leaflets and flyers, newsletters and other useful resources and information for families on our Padlet. It is quite accessible and all the resources hosted there are free and easy to download. We hope this will enable families to have much more accessible and relevant information available to them when they need it.



Children's Centre
Psychology Padlet



padlet



Toolkits

As part of our Children's Centre Psychology Helping Hands Outreach we also offer a range of toolkits.

Topics include:

- Building resilience
- Emotional Wellbeing
- Separation Anxiety
- Friendships
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Siblings
- Supporting Your Child's Transition
- Understanding Behaviour

If you would like to access any of these toolkits please scan the QR code to be taken to the Toolkits Padlet, which is also available from the main CCP Padlet, where you can download any of the toolkits.



We're excited to announce our upcoming groups and training sessions

FOR PARENTS

CIRCLE OF SECURITY PARENTING GROUP

This 8 week group aims to help parents/carers understand and respond to their child's emotional needs.

WELLBEING GROUP FOR PARENT/CARERS

This is an online 2 session group which will introduce practical strategies to help carers manage difficult thoughts and feelings.

EARLY POSITIVE APPROACHES TO SUPPORT

EPA+S is an 8 week group aimed at providing practical strategies for the early years to promote development in children with developmental delay/difficulties.

WHEN?

11:00am-12:30pm
from 16th
January 2025

10am-12pm on
23rd and 30th
January 2025

There will be two groups running consecutively
1st Group - 12:30-2:00pm starting on 22nd January
2nd Group - 12:30-14:00pm starting on 3rd February

FOR PROFESSIONALS

WHEN?

Lunchtime CPD Drop-in

We are offering series of online 30-minute lunchtime drop-in sessions for children centre staff

Circle of Security

11:2:00pm
12th December

Emotional Regulation

11:2:00pm
16th January

Attachment informed Healthcare

11:2:00pm
28th January

For information on how to refer to these groups please visit our padlet to find the individual flyers for all of these service offers which contains information on how to refer/book

Upcoming Awareness Days/Weeks

World Children's Day

20th November

A day to consider the importance of supporting the rights of our children across the world to improve children's welfare

Children's Mental Health Week

February 3rd - 9th

A day to consider the importance of supporting the rights of our children across the world to improve children's welfare

Winter Activities

Christmas can be a really exciting and magical time for children and for their parents. But for some it can be a stressful time. It can be helpful sometimes to pause and take some time to engage in some mindful activities.

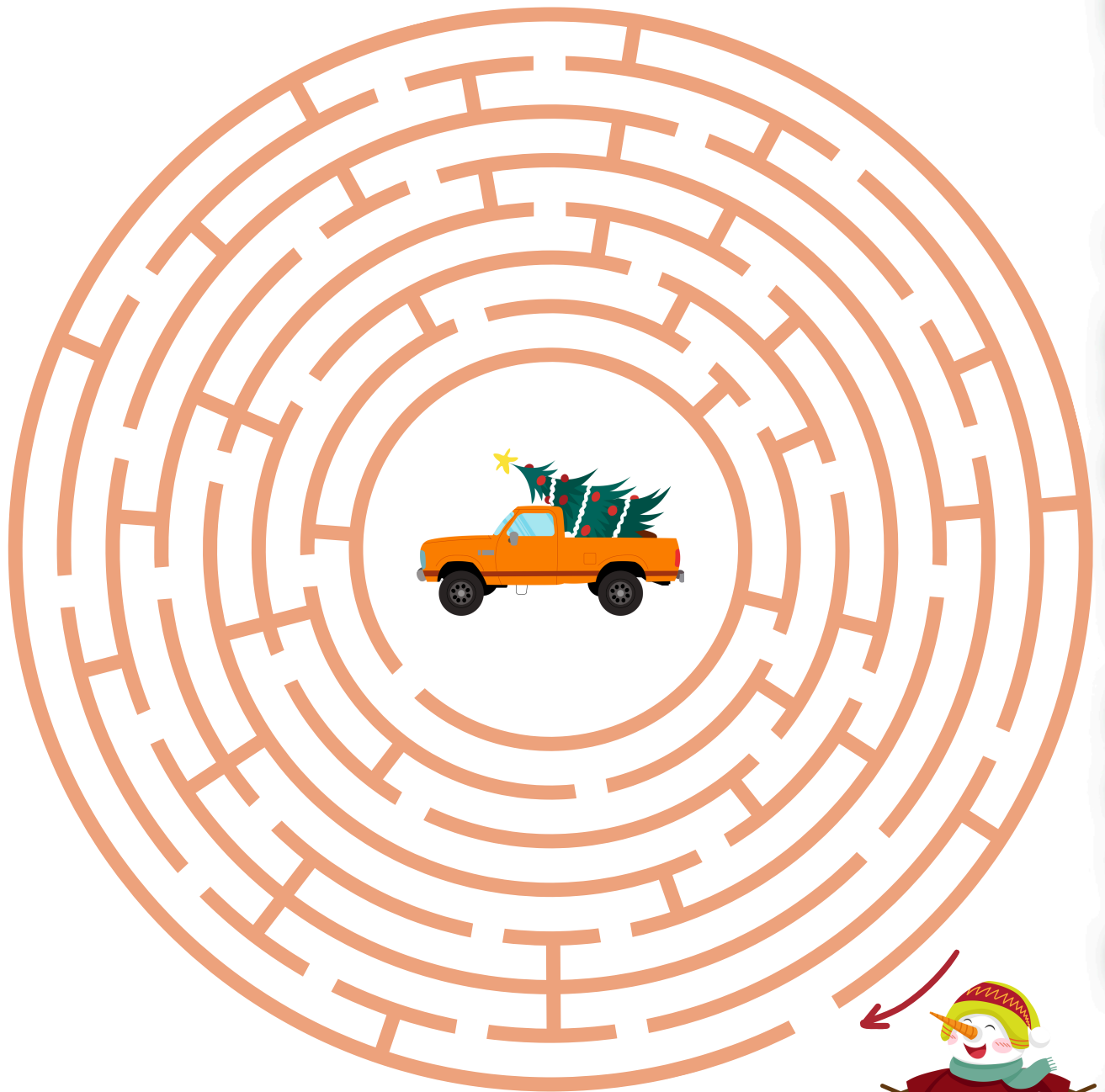
Christmas cookies

Color the jar of Christmas cookies.



CHRISTMAS MAZE PUZZLE

Instruction: Help the penguin and the snowman find their way to the car to take the Christmas tree home.



Start here

