



**Welcome to North West Leeds Children's Services,
helping to make a brighter future for our families.**

We work together with parents and carers to look at ways to build on family strengths to help make family life easier.

We work in partnership with schools and other local services to offer a range of support to suit your family's needs:

- **Parent Power** - In-person programmes for parents and carers offering guidance, support and practical strategies for your child/young person's development. The programmes are weekly and range from 3 to 6 weeks long. Please see our separate Parent Power leaflet for details of all the programmes that we offer.
- **PACS** - Our 'Parent And Carer Sessions' provide a one-off appointment with a Family Support Worker offering support, advice and signposting. This can be by telephone or in person.
- **Targeted Family Support** - Providing individual one to one support to parents and carers focusing on communication, boundaries, behaviour, love and family wellbeing. Our aim is for parents and carers to feel encouraged, supported and empowered to make changes that will have a positive impact on family life.

We normally work with families for around 4 to 6 months and expect that our Family Support Worker will meet with the family for an hour either once a week or once every two weeks. The meetings will take place during normal office hours and can be in the home, at the North West Leeds Children's Services office or at school. Our Family Support Workers will work with families to complete an Early Help Assessment which helps to identify what changes the family wants to make. From this, an Early Help Plan can be written that agrees goals and the actions needed to achieve those goals. The plan is reviewed every 6 weeks and can be adapted throughout as goals and actions are met or changed.

To access Targeted Family Support, please speak to your child/young person's school who will talk you through the referral process. If you are not sure whether you feel family support is the right service for your family, then please feel free to call the team to discuss this more.

If you would like any further information, please call us on 01133367724 or email info@esnorthwest.co.uk

We are based at the Brownlee Stone Centre, Town Street, Horsforth, Leeds, LS18 5BL.



North West Leeds

CHILDREN'S SERVICES

- **School Therapist** - We offer one-to-one counselling support to children and young people with a qualified Therapist in school for 6 to 8 weeks. Counselling is a private space and time where the child/young person can talk about what is going on for them or about anything that is worrying them. Our Therapist is someone who will listen and not judge or tell the child/young person what to do. To access this support, please speak to your child/young person's school who will talk you through the referral process. Please be aware that support must have been provided within school before a referral for the School Therapist can be made.
- **Drawing and Talking Therapy** - We offer 6 to 8 weeks of face-to-face drawing and talking therapy in school to children and young people allowing them to discover and communicate emotions through a non-directed technique. To access this support, please speak to your child/young person's school who will talk you through the referral process. Please be aware that support must have been provided within school before a referral for Drawing & Talking Therapy can be made.
- **Adult Counselling** - We offer up to 8 weeks of one-to-one sessions from the North West Leeds Children's Services Office during school hours. Sessions are offered with a trainee counsellor and are a safe space for parents and carers to access talking therapy aimed at helping to manage thoughts and feelings. Referrals can be made directly through North West Leeds Children's Services or your child/young person's school.
- **SilverCloud** - This service offers on-line mental health support. There are a number of different guided self-help programmes that can be accessed by young people and parents and carers and worked through in their own time. A 'supporter' will provide online encouragement, guidance and advice, as well as helping to monitor risk and effectiveness. Young people require a personal email to access the programme. Programmes we offer include:
 - Living well with ADHD – for young people (age 13 years and upwards)
 - Space from Anxiety – for young people (age 13 years and upwards)
 - Space from Low mood – for young people (age 13 years and upwards)
 - Space from Low Mood and Anxiety – for young people (age 13 years and upwards)
 - Supporting a Child with ADHD – for parent and carers
 - Supporting an Anxious Child – for parent and carers
 - Supporting an Anxious Teen – for parent and carers
 - Supporting an Autistic Child – for parent and carers
 - Supporting an Autistic Teen – for parent and carers

SilverCloud referrals for any of the parent and carer programmes can be made directly through North West Leeds Children's Services or your child/young person's school. For programmes for young people, please speak to your young person's school who will talk you through the referral process.

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