



Tower Hamlets Schools Counselling Partnership

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Schools Counselling Partnership: Space to Talk

Many of you will already know about and are acquainted with SCP and the services they offer to Chisenhale. Khalida Haque is now our Therapeutic Lead in Schools – she was formerly our Counselling Services Manager - and she remains with us, to support your child(ren), you and also our staff:

- **CHILDREN**

The Space: Every Tuesday, Khalida offers a drop-in for children who want to talk about any feelings or worries they may be struggling with. This is a safe, confidential space where children can feel listened to, in order to feel better or to better understand their emotions.

If you would NOT like your child to make use of this service, please notify the school as soon as possible.

1:1 counselling: We have a counsellor who works with specific children who may benefit from more regular support, using therapeutic play and the creative arts.

- **PARENTS/CARERS**

Every Tuesday at 9-10am, Khalida holds a safe and confidential space to meet with parents/carers who would like some support. She is here to help you to either think through some of your concerns with one of your children, or to support you with a personal struggle, such as grief or loss. **If you would like to make an appointment to speak to Khalida, please either email her at khaque1.211@lgflmail.org or call/text her on 07730 416 019.**

Coffee Mornings: Khalida will slowly begin to hold Coffee Mornings again, for any parents who wish to attend. Topics covered will help you support your child(ren)'s healthy emotional development and well-being. Please do let her know if there's a particular topic you would appreciate being covered.

- **SCHOOL STAFF**

Khalida is also here to support all our staff, whether through trainings or by helping them think about specific children who may need a little extra help.

As these times of uncertainty continue and gradually begin to settle you as well as your child(ren) are likely to be feeling a lot of anxiety which you might not be fully aware of. Maybe tummies have been feeling funny or chests tight or heads achy or necks and shoulders stiff? These are all bodily signs that we may be feeling anxious, worried or stressed. Practice listening to your bodies and then having conversations as a family about what you think they are trying to tell you – you can draw pictures if you prefer 😊

Please remember that we are here to support you.