



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: a Space to Talk

Many of you will already know about SCP and the services they offer to Chisenhale. Khalida Haque is our Counselling Services Manager and she is here to support your child(ren), you and also our staff:

- **CHILDREN**

The Space: Every Tuesday, Khalida offers a lunchtime 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 work 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 speak 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 be holding Coffee Mornings regularly, for any parents who wish to attend. Topics covered will help you support your child(ren)'s healthy emotional development and well-being.

Please be aware that all meetings, in the current climate, will be held remotely – most likely using zoom. Do let us know if you would struggle with ensuring privacy and confidentiality at home so that we can arrange appropriate provision – this would still be avoiding being face to face and in person.

- **SCHOOL STAFF**

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

In these times of a 'new normal' 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 achey 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.