



South West Yorkshire Partnership 
NHS Foundation Trust


Barnsley Clinical Commissioning Group



A Parents Guide to Accessing our



Support, Advice and Counselling Service

For parents with children aged 11 to 16 years old who are attending secondary schools in Barnsley

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Introduction

The secondary CAMHS service 4:Thought is made up of three primary mental health practitioners, a parent counsellor and a family practitioner. The practitioners are based within the secondary schools throughout Barnsley providing mental health support for young people promoting early intervention, prevention and resilience. The service takes a team approach in providing a service to young people and parents.

The parent counsellor is called David Ryder and family practitioner called Jade Naylor. They both work with parents who have children aged 11 to 16 years old who are attending the secondary schools in Barnsley

This guide explains what support and advice is on offer from our service. There is information explaining what counselling is and who might benefit.

There is a self-referral form you can complete at the end of this booklet. The guide also gives you information on other ways of accessing our service.

We aim to contact you within 5 working days of receiving your referral. You will be invited to discuss how we can help and at that point a plan of action will be drawn up with your agreement.

What support and advice can I get?

Support you to implement routines and structure by listening to you to find out what you are finding difficult. There could be a number of challenges you are experiencing for example you may be finding it difficult to cope with unexpected changes in your child or family circumstances. We can assist you by providing emotional support to help you put together a plan of action so you can cope better and deal with what is happening or has happened.

We can support you to access other services for help and advice for various reasons for example, access your GP for help with your health. Access advice around housing issues to keep you and your family safe. If you have money worries support to access the Citizens Advice Bureau. Access social groups if you are feeling isolated by going with you to the first meeting.

We are here to support you so you and your children achieve more. We work in a holistic way which means working with the whole person. This is so we can support you to be healthy, stay safe, to enjoy and achieve, to make a positive contribution, and achieve economic well-being.

What is counselling?

Counselling is a talking therapy and its aim is to effect change and growth on a personal level for the individual.

Counselling is making time for you to explore what you are finding difficult with someone who will listen, understand and accept you as you are.

Counselling is for anyone needing to talk with someone in a safe confidential space, a place to feel heard accepted and understood.

Who Might Benefit?

Anyone who may be:-

- Needing someone to listen to you
- Feeling isolated and hopeless
- In need of understanding and support
- Experiencing major change in your circumstances
- Going through a personal crisis
- Feeling lonely, anxious or depressed
- Unhappy with your work
- Experiencing difficulty controlling your emotions
- Wanting to improve your quality of life and self awareness

Do you want to make sense of:-

- What's happened or is happening to you
- How it's affecting you
- What you want to do next

Then talking to our counsellor may help.

The Family Practitioner

Jade Naylor is a former Teaching Assistant has trained and specialised in Special Educational Needs (SEN) . She has supported a number of children and parents/carers with different aspects and challenges over the past three years, within a school setting and in the community.

Jade has supported individuals with drug and alcohol issues, behavioural difficulties and offering emotional support.

Jade has worked as a voluntary Bereavement Counsellor, supporting people with positive ways of interacting and engaging.

The Parent Counsellor

David Ryder is a trained therapeutic counsellor and is registered with a governing body called the British Association of Counselling and Psychotherapy (BACP).

David has counselled parents covering a wide range of issues and worked with people in a supportive role for the past 14 years. He has supported people from all parts of society with a wide range of needs. This has included helping people access a wide range of services and offering emotional support to deal with change.

How to contact them?

You can contact them both by phoning 01226 444644 to self refer over the telephone.

Access the website: **springwelllearningcommunity.co.uk**

or email Jade Naylor jNaylor2@springwellacademies.co.uk

or email David Ryder dRyder@springwellacademies.co.uk

Or text Jade on **07871173401**, or text David on **07821565645**

or write to: 4:Thought Parents Service

Kendray Alternative Academy

Thornton Road

Kendray

Barnsley

S70 3NG



Parents counselling, support and advice service Self-Referral Form

Name:	
Date of Birth:	
Childs name and school:	
Address:	
Contact telephone number:	

Please give as much information to the following questions. If you want to discuss the questions first, please leave blank.

Please explain briefly the main reason or reasons for seeking counselling, support and/or advice. What would you like to focus on?

Once you have completed this form please see page 6 of this booklet for the address of where to send it.

Signed: _____ **Date:** _____