

East Ayrshire Wellbeing Supports for Children, Young People & Families

The purpose of this document is for schools to use when considering which supports may be appropriate for a young person. The Supports provided in each section are just some examples of what is available within East Ayrshire and we would encourage staff to consider these using a TAC approach where appropriate.

Universal Resources and Self Help Tools

The following resources may provide staff with a range of information and self-help tools they can use to support children and young people. The ones marked with an asterisk are also appropriate to signpost young people to:

East Ayrshire Effective Conversation Tips

[Effective-Conversation-Techniques.pdf \(glowscotland.org.uk\)](https://www.glowscotland.org.uk/eas/effective-conversation-techniques.pdf)

Mentally Healthy Schools website

<https://www.mentallyhealthyschools.org.uk/>

*NHS Ayrshire & Arran Mental Health & Wellbeing Pages

<https://www.nhs.uk/health-topics/mental-health-and-wellbeing>

*Apps & Websites to support mental health & wellbeing

-available on https://www.nhs.uk/media/9167/apps_websites_help-mhw-final-june-2020.pdf

*How to look after your mental health (Mental health foundation booklet)

<https://www.mentalhealth.org.uk/sites/default/files/How%20to...mental%20health.pdf>

*East Ayrshire School Counselling Service Website

<https://blogs.glowscotland.org.uk/ea/schoolcounselling/>

*Young Minds Website

<https://www.youngminds.org.uk/>

*SAMH Website – Self Help Pages

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing>

Education: Wellbeing Renewal Guidance for Managers and Practitioners on Supporting and Promoting wellbeing

<https://blogs.glowscotland.org.uk/ea/public/eapsychservices/uploads/sites/2803/2020/08/10154550/Staff-Guidance-Supporting-Wellbeing-Children-and-Young-People.pdf>



Examples of Wellbeing Supports available in East Ayrshire



Universal Services

Universal Services are available to all and for the purpose of this document describe supports which are already readily available to all young people within the educational establishment.

Support from School Staff (Pastoral/1 key adult)

Wellbeing Check ins help young person to generate coping strategies. Signpost.

Available to all.

Contact: N/A

Campus Police Officers

Engaging with and supporting young person and linking them to programmes and support already in place.

Available to all.

Contact: N/A

EAC HWB Team

See [Parental HWB Awareness Site and training](#); and HWB Glow website for full summary of supports available.

Available to all.

Contact: Catrina.O'Neil@east-ayrshire.gov.uk

Massage in Schools Programme (MISP) • East Team

Formal Child to child massage routine. Touch activities and massage stories. Parent and Child MISP. MISP Glow Page.

Available to all.

Contact: [Dougie Mirfin in EAST Team](#)

LGBT Youth Group

Group meets from 6.30pm – 8pm, Monday to provide support for young LGBT people and their friends/supporters.

Young people aged 13 and over.

Contact: Mary.patterson@east-ayrshire.gov.uk
Eilidh.corrigan@east-ayrshire.gov.uk

Youth Chat Service

Chat opportunity for young people who are experiencing loneliness, isolation or worries. Currently running Mondays, Wednesdays, Fridays and Sundays from 6-9pm and is open for all young people to text, call or whatsapp into a designated number.

Young people aged 11-18.

Contact: [Young People text, call or WhatsApp the EA Youth Chat contact number 07918 987 341.](#)

Occupational Therapist – CYP Mental Health

Early intervention support and advice focusing on universal and targeted occupational therapy approaches to support children and young people's mental health and wellbeing.

Any child or young person who would benefit from some advice and support in relation to their general mental health and wellbeing.

Contact: Jane.Ritchie@aapct.scot.nhs.uk

Health Improvement Officer – Mental Health

Mental health improvement training. Website, app and self help supports. Whole school approach to supporting MHWB.

Young people aged 11-25 years. School staff and parents looking to support young people with MHWB

Contact: Karen.lee@aapct.scot.nhs.uk

USAGE KEY

Name of Service Providing Support

Summary of Support Provided

Who is the Support Aimed at

Contact/Request for Assistance to    

Additional Support within Universal Services

Some children may need a bit of extra support from Universal services to make sure their wellbeing develops as it should.

EAST Team • Seasons for Growth

Programme for children and YP who have experienced change or loss.

Primary and secondary aged children and YP who have experienced loss or change.

Contact: Dawn.greenan@east-ayrshire.gov.uk
Sheena.Mackay@east-ayrshire.gov.uk

EAST Core Support Team

Social, Emotional and Behavioural Needs Support. See EAST Glow page for more info on supports available.

Early years, primary and secondary aged children with social, emotional and behavioural difficulties.

RFA to **East Team**

Mentoring Development Officer (MDO)

Literacy and wellbeing projects where young people will achieve a Dynamic Youth Award. Residential Programme.

Holiday Provision offered to all young people on MDOs caseload. Extra-Curricular Group - Non-referral based support for all young people across East Ayrshire.

Young people in S1-S3 where poverty is a barrier relating to their attainment.

RFA to Andrew.black@east-ayrshire.gov.uk

Play Therapy • Lifestyle Development and Community Wellbeing Team

Support children to recover from and make sense of painful experiences. Express and explore difficult feelings. For information about the full range of supports please visit the Vibrant communities website.

Primary school aged Children with social, emotional and behavioural problems.

RFA to Angela.murray@east-ayrshire.gov.uk

Be-friending Service • Play & Early Intervention Team

Support can be provided through 1-1 matches, family befriending or within the befriending group sessions. The volunteer befrienders will meet with the young person either weekly or fortnightly and provide support outwith the family home, building their confidence and encouraging them to participate in activities within their community if appropriate and applicable to the referral. Please visit the Vibrant Communities website for further information.

Primary and Secondary aged C&YP who are socially isolated, plus two of the following factors: Behavioural issues. Home life – inconsistent environment, chaotic lifestyles. Family difficulties. Emotional difficulties. Lack of role models. Care leaver.

Contact: caroline.brown@east-ayrshire.gov.uk

Sports Mentor • Young People Sport & Diversion Team

One to one or small group support. Behavioural management support. Increasing the young persons physical activity levels and thus aiming to improve their mental health & wellbeing with a view to seeing improvements in attendance at school and active participation in class. Plan with the school a timetable of structured intervention.

Secondary School aged Young people identified by the school with challenging behaviours, difficult home circumstances etc which are having an impact on attendance and academic progress.

RFA to Greg.gallagher@east-ayrshire.gov.uk

Homelink Team

The Home Link Team have a focus on early support for children, young people and families within both the school and community setting. This support includes work with individual pupils as well as Enhanced Transition Programme. In order to support the wider family as a whole, programmes available include; Family Involvement Programme, Parental Empowerment Programme and Parent in Partnership Programme and ilunch.

Primary and Secondary aged children and young people where poverty has been identified as a barrier to learning, focusing primarily on SIMD 1 & 2.

RfA to HL Worker coordinator within each Education Group. Any further enquiries to Lesley.hillan-fowler@east-ayrshire.gov.uk

Family Literacy workers: Lifeskills and Inclusion Team

Family Literacies provide literacy and numeracy family learning opportunities to families within East Ayrshire. 4 week programmes are delivered face to face or remotely through live or pre-recorded sessions. Sessions can be delivered with parent and child or parent on their own. Parents/adults can self-refer for Adult Literacies 1:1 support. See [website](#) for further info.

Supports Targeted through SIMD

Contact: pamela.beck@east-ayrshire.gov.uk Natasha.torbett@east-ayrshire.gov.uk

Youth Literacy Workers: Lifeskills and Inclusion Team

Youth Literacies provide an alternative approach to literacy and numeracy learning within Secondary campuses, targeting S1-3 pupils as well as P7 transition pupils. See [website](#) for further info.

S1-3 Pupils and P7 Enhanced Transition

Contact: laura.owens@east-ayrshire.gov.uk Natasha.torbett@east-ayrshire.gov.uk

Individualised Support from the Team around the Child

A small proportion of children will need services or agencies to integrate their working practices to support the child's wellbeing. The TAC will depend on each other, regularly sharing skills, information and expertise to improve outcomes for the child.

EA Psychological Service

See [GLOW website](#) for more info.

Where there is a barrier, particularly additional support needs (ASN), to learning and development. Where assessment for school placement has been identified as a need.

RFA to School Ed Psych or education.admin@east-ayrshire.gov.uk

School Counselling Service

See [School Counselling Service website](#) for more info.

Children & YP aged 10 +. Support for a variety of issues including emotional distress, anxiety, low mood, low self-esteem, family issues etc.

RFA [Online form](#) or contact Kerry.jarvis@eastayrshire.org.uk

School Nursing Service

The school nursing service can offer short term input (approx. 4-8 weeks) to support children and young people with their emotional wellbeing.

This would usually be accessed once the named person has utilised school supports but without the need of CAMHS.

RFA to [School Nursing Service](#)

Community Eating Disorder Service

Support for individuals and groups with eating disorders and for their families.

People with a diagnosis of Anorexia Nervosa or Bulimia Nervosa.

RFA to julie.coppola@aapct.scot.nhs.uk

Mental Health Practitioners (MHPs)

The MHP is a Mental Health professional who works within the family GP practices. They offer an initial one off Mental Health assessment and provide guidance.

Adults Aged 16+ who are not currently receiving treatment from NHS Mental Health Services.

Contact: [Mental Health Practitioners \(MHPs\)](#)

Action for Children

Mindfulness within Schools. Blues Programme .1:1 Mentoring/Mini Group Sessions.

C+YP in primary and secondary school requiring support difficulties with emotional health and wellbeing.

RFA to Joe.Bryers@actionforchildren.org.uk

Children's 1st

Short term emotional wellbeing support. Support to help families get 'back on track' when experiencing low level anxiety/stress and requiring assistance with routines, boundaries, and relationships.

All ages of C, YP + families requiring emotional wellbeing support.

RFA to [via school nursing service](#)

Barnardos

Visit the [Barnardos website](#) for more info.

Visit the Barnardos Website for more info.

RFA to Linda.nisbet@barnardos.org.uk

YIP World

Visit the [YIP world website](#) for more info.

C, YP and families of all ages in the Robert Burns Education Group.

Contact: jhendry@yipworld.org

Break the Silence

Visit the [Break the Silence website](#) for more info about support available.

Currently we work with 13+ survivors of sexual trauma that covers, CSA, CSE and Rape.

Contact: sharon@breakthesilence.org.uk

Penumbra

Compassionate and personalised support based on the individual family needs.

For anyone impacted by the loss of someone to suicide including families and friends as well as children and young people. People bereaved since August 2020 can access service.

Contact: suicidebereavementsupport@nhs.scot

Rainbow House

For more info on support provided please visit the [Rainbow House website](#).

Provides a family centred approach to the long term care for children with developmental problems.

Contact: aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk

The STAR Centre (Rape crisis)

Visit the [Star Centre website](#) for further info.

People of all genders aged 12+ who have experienced sexual violence.

Contact: admin@starcentreatyrshire.org

CAMHS

For more info on support provided visit the [CAMHS website](#).

CAMHS (Tier 3) will provide services for children and YP aged 5+ with a range of mental health needs.

RFA to [Clinical Mental Health CAMHS EAST](#)

Enhanced Support from the Team Around the Child

This is part of multi-agency working and refers to situations where there is consideration of a compulsory role for Social work Services. It may also mean there is consideration of child protection. This includes all children who are care experienced.

Social Work

Support services for families. Investigation of harm to children. Specialist teams to support children with disabilities, young people, care-experienced young people etc.

High level of complex need or child at risk from harm.

For open cases contact: lead professional.

For new RFA's contact: initial response team

(01563 554200 for Kilmarnock and Stewarton or 01290 427720 for Cumnock & Doon Valley)

Young Persons Mentor

1:1 or Group work support to young people (YP) in school or in transition;

Support young people to attend planned sessions or attend classes within school.

Secondary school aged Care Experienced Children and Young People.

RFA to Andrew.black@east-ayrshire.gov.uk

Play & Early Intervention • Looked After Children (LAC) • Home Link

1:1 or Group Support to YP in class or transition to class; Support Foster carers. Kinship carers, parents /carers with attendance issues, wellbeing issues; Support young people/families to attend SAC home link worker sessions

Care Experienced C+YP

RFA to karen.kerr@east-ayrshire.gov.uk or

angela.smith@east-ayrshire.gov.uk

East Ayrshire Advocacy Service (EAAS) • Mental Health Act Service

Support YP to make their views known at any meetings where decisions are being made about their lives. They would be matched up with an advocacy worker who would be their voice if required or to ensure that they are listened to and their rights are upheld.

Anyone aged 14 years+ who is subject to the Mental Health legislation.

RFA to Lesley@eaas.org.uk

East Ayrshire Advocacy Service (EAAS) • Children's Hearing System

Support CYP to any other meetings outwith the Children's Hearing such as Team Around the Child, Looked After and Accommodated meetings etc. Advocacy workers are independent of statutory services and are there to ensure a child or young person's rights are upheld and that they are supported to make their views known.

Children and Young People aged 5-18 years who are involved in the Children's Hearing System.

RFA to Lesley@eaas.org.uk

