

# East Ayrshire Wellbeing Supports for Children, Young People & Families

**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 Team With the Family approach where appropriate.

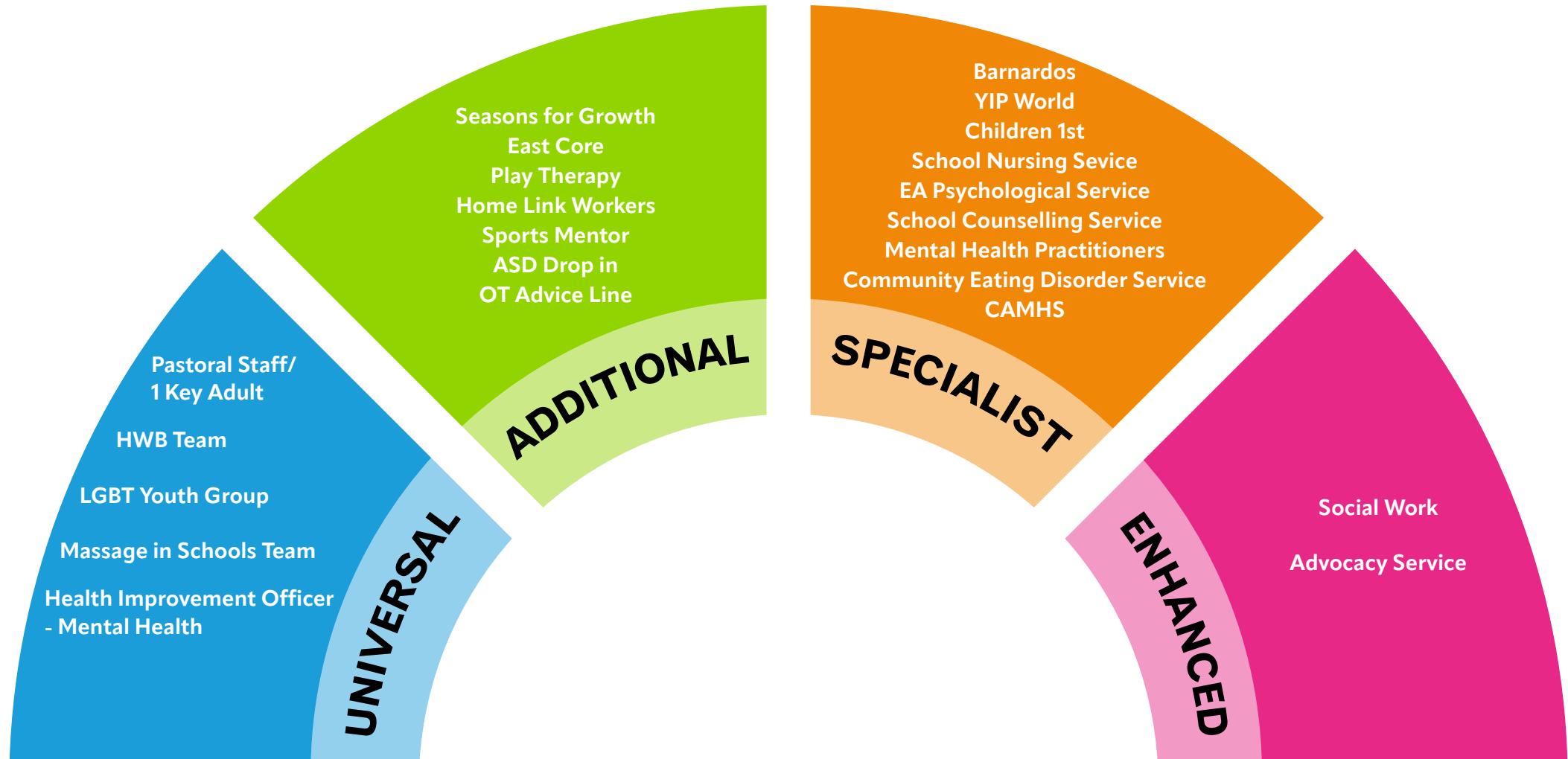
## Universal Resources and Self Help Tools

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:**

- \***Kooth**  
<https://www.kooth.com/>
- \***D-EXY**  
[Digital Wellbeing | D-EXY](#)
- **East Ayrshire Effective Conversation Tips**  
[Effective-Conversation-Techniques.pdf \(glowscotland.org.uk\)](#)
- \***Mentally Healthy Schools website**  
<https://www.mentallyhealthyschools.org.uk/>
- \***NHS Ayrshire & Arran Mental Health & Wellbeing Pages**  
[Mental Health & Wellbeing - NHS Ayrshire & Arran](#)
- \***Apps & Websites to support mental health & wellbeing -available on Apps and Websites 2024**  
[Apps and Websites 2024](#)
- \***How to look after your mental health (Mental health foundation booklets)**  
[Publications Mental Health Foundation](#)
- \***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>



# 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.

### **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](mailto:Catrina.O'Neil@east-ayrshire.gov.uk)

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### **Massage in Schools Programme (MISP) • East Team**

Formal Child to child massage routine .

Touch activities and massage stories.

Parent and Child MISP.

*Available to all.*

Contact: [MISP Glow Page](#)  
[eeast@eastayrshire.org.uk](mailto:eeast@eastayrshire.org.uk)

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### **LGBT Youth Group**

Group meets from 6pm – 8pm, Monday to provide support for young LGBT people and their friends/ supporters.

*Young people aged 12 - 18 years.*

Contact: [Kilmarnock LGBT Group - LGBT Youth Scotland](#)

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### **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](mailto:Karen.lee@aapct.scot.nhs.uk)

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### **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: [eaeast@eastayrshire.org.uk](mailto:eaeast@eastayrshire.org.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.***

TAC meeting to discuss individual cases followed by RFA to EAST team [eaeast@eastayrshire.org.uk](mailto:eaeast@eastayrshire.org.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.***

Enquiries to [vibrantcommunities@east-ayrshire.gov.uk](mailto:vibrantcommunities@east-ayrshire.gov.uk)

### **Home Link Workers (HLW)**

The Home Link Workers (HLW) have a focus to work with children and families to boost school attendance, engagement and attainment.

The HLWs work with the children, young people, families, partner agencies and school staff to remove barriers and enhance school engagement and readiness to learn.

This support includes working with individual pupils as well as group work such as Enhanced Transition Programmes and Wider Achievement Groups.

***Each HLW works has a caseload of 15 children or young people, primarily from a SIMD 1 & 2 background, where poverty has been identified as a barrier to learning.***

Enquiries to [Lesley.hillan-fowler@east-ayrshire.gov.uk](mailto:Lesley.hillan-fowler@east-ayrshire.gov.uk)

### **Sports Mentor • Young People Sport & Diversion Team**

One to one or small group support.

Behavioural management support.

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](mailto:Greg.gallagher@east-ayrshire.gov.uk)

### **ASD Drop In Support**

For Parents of children who have autism or social communication difficulties

Advice on how to best support your child's communication skills and/or their emotional regulation and sensory needs

***For Children and YP who are not currently on the Speech and Language Therapy or Occupational Therapy caseload***

Please email your name and your child's name with 'ASD Drop -in' in the subject to [SLT\\_CYP.East@aapct.scot.nhs.uk](mailto:SLT_CYP.East@aapct.scot.nhs.uk) to request a slot. We will reply by email with an appointment time and details on how to join the video call.

## **Additional Support within Universal Services**

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### **Occupational Therapy Advice Line**

Early intervention support and advice focusing on:

Self-care tasks for example washing, dressing, toileting or bathing

Play and leisure skills for example participating in sports and hobbies

Nursery or school Participation and access within the nursery or school environment

General mental health and wellbeing - impacting upon their mood and motivation levels

Sensory preferences or differences - impacting on their participation in everyday activities

***Any child or young person who would benefit from some advice and support in relation to the areas described .***

**Our Telephone Advice Line is open every Thursday from 2pm to 4pm Please phone: 07584 174110**

## Targeted Support

Some Children and Young People may need more targeted support for a particular aspect of their wellbeing. This can be provided by a targeted service or many universal services are also able to provide targeted support.

### 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](mailto:education.admin@east-ayrshire.gov.uk)

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### School Counselling Service

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

***Children & YP aged 5-18 attending school in EA. Support for a variety of issues including emotional distress, anxiety, low mood, low self-esteem, family issues etc.***

RFA via [online form](#)

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### 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. This could include those struggling with anxiety, low mood and self-harm.***

RFA to School Nursing Service via Head Teacher/Pastoral Support Teacher. SPOC line 01563545737 to discuss with School Nurse

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### 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](mailto:julie.coppola@aapct.scot.nhs.uk)

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### 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.***

[Mental Health Practitioners](#) (MHPs) Appointments can be arranged by contacting the GP Practice

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### 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 via school nursing service or Education

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### Barnardos

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

RFA to [Linda.nisbet@barnardos.org.uk](mailto:Linda.nisbet@barnardos.org.uk) or RFA via Health visitor for Thrive 0-5 years programme

## Targeted Support

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### **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](mailto:jhendry@yipworld.org)

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### **Young Carers**

Offer 1-1 Supports . Age specific groups run weekly in Kilmarock, Cumnock, New Cumnock and Dalmellington

***Primary & Secondary school aged Young Carers***

Contact: [admin@eastayrshirecarers.org.uk](mailto:admin@eastayrshirecarers.org.uk) Tel: Kilmarnock 01563 571533 Cumnock: 012390 426404  
Dalmellington: 01292 550696

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### **Beautiful Inside and Out**

Promoting feelings of self-worth. 1-1 or group support

***Support for bereaved siblings of suicide victims. Primary & Secondary aged children***

Contact: [beautifulinsideandoutscio@gmail.com](mailto:beautifulinsideandoutscio@gmail.com) Tel: 07984328808

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### **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: [info@breakthesilence.org.uk](mailto:info@breakthesilence.org.uk)

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### **The STAR Centre (Rape crisis)**

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

***People of all genders aged 12 and upwards who have experienced sexual violence.***

Contact: [admin@starcentreyrshire.org](mailto:admin@starcentreyrshire.org)

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### **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](mailto:aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk)

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### **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

In a minority of cases, children and young people will require enhanced support from specialist children's services. Services or agencies will need 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.

### **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 and Doon Valley)**

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### **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](mailto:Lesley@eaas.org.uk)

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### **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](mailto:Lesley@eaas.org.uk)

