



# Wellbeing Supports and Services



**LIAM**

**Be Amasin'**

**Youth Workers**

**KA Leisure**

**Tuition Services**

**Project Restore**

**Area Inclusion Workers**

**Family Centred Wellbeing**

**Building on Positive Relationships**

The following provides a summary of some of North Ayrshire's current available supports for non-attendance and how to access them.

This is by no means an exhaustive list, but provides some idea about some of the approaches and supports.



## Let's introduce anxiety management (LIAM):

A cognitive behaviour therapy informed intervention, for anxiety in children and young people, aimed at treating mild-moderate anxiety in primary and secondary aged children and young people aged 8-18 years. 8x 1hour sessions are delivered by a trained practitioner either one to one or in groups. For more information contact [louiseking@north-ayrshire.gov.uk](mailto:louiseking@north-ayrshire.gov.uk).

## Project Restore:

A structured 12 week intervention with the goal of improving attendance for young people whom anxiety is the primary barrier to attending school. There are 3 main elements to the programme:

- **Anxiety management** - Weekly CBT based anxiety management group class
- **Weekly 1-1 meetings** - Build confidence with schoolwork, strengthen relationships with teachers, review anxiety management techniques and progress and set weekly targets.
- **Familiarisation visits through graded exposure** - School, classes, teachers, peers.

A number of our Area Inclusion Workers and SSR staff have been trained to deliver this programme.

## Be Amasin' Anxiety Resources

This is a suite of resources for schools, parents and children which explores the basic facts about anxiety, provides information on how to understand it better and tackle the root causes of anxiety.

This can be delivered alongside a school EP or MHWB PT but most of it is accessible for anyone within the school community to use.



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## Area Inclusion Workers (AIW)

Every school in North Ayrshire has access to support from AIW's, either as part of overall cluster support or as targeted support in some individual schools.

AIW's can often have a key role in supporting attendance as they can be a link between the home and school context. AIW's are accessed via cluster discussions about prioritisation or directly within schools. AIW are now trained in our parent programme 'Building on Positive Relationships' which can help support families with issues such as attendance.

## Family Centred Wellbeing Services

The Family Centred Wellbeing Service is a service that works with children and their families from 5 to 18 years on a range of issues, such as supporting family routines, understanding how to support their child and attendance issues. The service is also trained in our parent programme 'Building on Positive Relationships'. This service can be accessed through the Named Person Service.

## Youth Workers

Youth workers can provide 1 to 1 support in addition to working with families to address the barriers to non-attendance at school. Some schools have direct access to these through PEF funding or as part of their SSR support staff.

## KA Leisure

KA Leisure have worked with a number of schools to help children and young people to engage in activities that can help support attendance in schools such as outdoor activities and sports. They can also be open to schools accessing their facilities to help engage learners. Given the emphasis children placed on clubs and activities as being a key part of supporting attendance – this can be a helpful way of re-engaging learners who are at a risk of non-attendance.

## Building on Positive Relationships (based on the principles of NVR)

This is both a school and parent approach to supporting children and young people and their families when they become stuck in a cycle of behaviour that is unhelpful. This can include non-attendance at school. This approach can either be delivered to individual children and families or in group settings as part of parent support groups.

## Tuition Support

Previously referred to as home tuition services, this service can be used to support pupils, for whom all other supports for attendance have been exhausted. This can include those whom physical or mental health have been a significant issue but is generally for a time limited period. This can be accessed via the Outreach Support Group.