



Home Link Service and Seasons for Growth

What is Seasons for Growth?

Seasons for Growth is a group work programme that aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

Who is it for?

Anyone who is living with the effects of change and loss. Many factors can cause change:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

How does the Home Link Service promote **Seasons for Growth**?

The Home link service are the main providers of **Seasons for Growth** groups across Renfrewshire. In the academic year 2022-23 we ran 22 of the total 32 **Seasons for Growth** groups across schools in Renfrewshire.

Home Link also promotes the delivery of **Seasons for Growth** across Renfrewshire by providing training in Renfrewshire for those in organisations who are want to run Seasons groups. To run **Seasons for Growth** groups/become a Seasons companion involves completing a two-day training programme. The Home Link service delivers two-day training courses twice a year, or more often depending on demand. Participants on these courses include school staff, Home Link staff, colleagues from social work services and members of community organisations.

The Home Link Service supports newly trained companions to become confident in delivering groups by co-companionship them in their first group. We work in partnership with the Notre Dame centre, who are the license holders for **Seasons for Growth** in Scotland to support the accreditation of companions once they are trained and have successfully delivered their first group.

The Home Link Service provides ongoing support to encourage successful delivery of groups by providing re-connectors, these are peer support sessions to share and discuss our experiences of delivering groups with young people and children.

The Home Link Service also provides training for the adult **Seasons for Growth** programme. This programme supports adults affected by loss, grief and change.

If you would like more information about **Seasons for Growth** please contact Home Link senior and Renfrewshire seasons co-ordinator Morag McGuire on 07775826623 or cssupport@renfrewshire.gov.uk.