

**“We are Here.”**

Here at The-Exchange its business as usual and online referrals for children and young people can be made in the usual way by visiting our website.

We have pulled together an update for you on how we are running through the pandemic and beyond from both our Primary and Secondary school services who are providing support to schools across Renfrewshire.

**-Primary Schools**

Here, in The-Exchange Primary team for Renfrewshire we are still working to provide support to those who need us. This is both through virtual 1:1 support and in online group meetings where our practitioners are delivering a selection of our Resilience boosting intervention programmes.

Currently running, we have our transitions and change intervention called *The Adventure Programme,* our programme which focuses on building positive friendships called *The Friendship Shield* and our self-esteem boosting intervention called *The Key to Me.*

We usually facilitate these programmes on a 1:1 basis or in small groups in schools but for the lock-down period we have taken them online on a bigger scale to support as many children as we can.

Our focus continues to be on how we can access the children in the Renfrewshire community during this challenging time. We are working in collaboration with the schools to ensure the children can access their appointments with us at a convenient time, whether they are in school using the key worker hub or at home being taught remotely.

When reaching out to those at home, we are sensitive to the challenges that virtual learning can present and are using this time to check-in with parents as well.

Here in the Primary service, we value the importance of collaboration to the well-being of children and are utilising the limitations of the pandemic restrictions to support families in the community.

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**- Secondary Schools**

Our blended service continues to offer emotional & psychological support to young people remotely via telephone, on-line chat or video calling. We are offering all our young people a choice of how to access and engage with our service, valuing the autonomy of each individual.

During lock-down we are offering a range of online group sessions with specific themes such as –

* Lockdown survival kit
* What’s happening to my friendships?
* Let’s talk about feeling anxious.
* Lockdown wellbeing - you either love it or hate it.

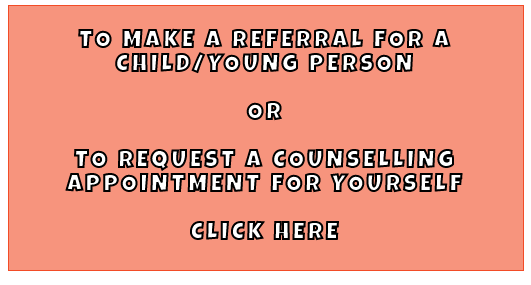
These groups are designed to help young people have a safe confidential space to talk and offer peer support using our resilience model to help raise awareness of what they are already doing well, area’s they feel less supported in and how they might reach out.

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To submit a referral, please visit

[www.exchange-counselling.com/contact\_us](http://www.exchange-counselling.com/contact_us)

Click on the orange button.



**-School Staff Wellbeing**

**“The wellbeing of the whole school community is key!”**

We are offering “one-off” on-line Reflective Practise Groups across all secondary schools for members of school staff. The purpose of these groups is to allow staff to have a confidential space with an external facilitator to think and talk about different aspects of their work, talk about interventions they might use as well as considering how to monitor the impact areas of their work are having on them and to share ways of developing healthy responses to issues, they are dealing with.

We as a service are happy to be a part of the Renfrewshire community and we hope to see you all in school very soon.

Take care,

The-Exchange

Contact us via our text-based chat service.

[www.exchange-counselling.com](http://www.exchange-counselling.com)

Click on the blue speech bubble.



Meet The-Exchange Team…

Michelle

School-based Therapist & Manager

A person with long hair

Description automatically generated with low confidence

**Favourite Colour:** Blue  
**Favourite Book:** The Alchemist  
**Favourite food:** Chocolate **Most favourite thing in the world:** laughing with friends so much, my ribs hurt!

Amy

School-based Therapist & Manager

**A person taking a selfie

Description automatically generated**

**Favourite Colour:** Blue  
**Favourite Book:** The Lion, The Witch and The Wardrobe  
**Favourite food:** Pasta

**Most favourite thing in the world:** Animals

Lenny

School-based CBT-Therapist.



**Favourite Colour:** Orange  
**Favourite Book:** The Man who loved a Polar Bear  
**Favourite food:** Wagamama food.

**Most favourite thing in the world:** Notebooks & Coffee

Rebecca

School-based Therapist.



**Favourite Colour:** Yellow  
**Favourite Book:** Matilda by Roald Dahl  
**Favourite food:** Fajitas

**Most favourite thing in the world:** My cat, Millie

Jim

School-based Therapist

A person with glasses

Description automatically generated with low confidence

**Favourite Colour:** Black  
**Favourite Book:** I don’t have one  
**Favourite food:** Salt and Chili Chicken

**Most favourite thing in the world:** Watching Netflix with the family

Tracey

School-based Therapist.

**A person with long blonde hair

Description automatically generated with low confidence**

**Favourite Colour:** Green  
**Favourite Book:** A year of Marvellous Ways  
**Favourite food:** Seafood **Most favourite thing in the world:** My Dog, Noodles

Tracy

School-based Therapist.

**A person smiling for the camera

Description automatically generated with medium confidence**

**Favourite Colour:** Pink  
**Favourite Book:** Harry Potter  
**Favourite food:** Italian Food

**Most favourite thing in the world:** Nature

Zoe

Resilience Coach

**Favourite Colour**: Purple

**Favourite Book:**   
**Favourite food:** Steak Pie

**Most favourite thing in the world:** Music

Bogdan

School-based Therapist.

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Description automatically generated

**Favourite Colour:** Blue

**Favourite Book:** The Power of Now

**Favourite Food:** Grandma’s Cake

**Most favourite thing in the world:** Love

Lorraine

School-based Therapist

**A person with long hair

Description automatically generated with low confidence**

**Favourite Colour:** Dark Green  
**Favourite Book:** The Velveteen Rabbit  
**Favourite food:** Roast Potatoes

**Most favourite thing in the world**: Nature

Jackie

School-based Therapist.



**Favourite Colour:** Black  
**Favourite Book:** Flowers in the Attic   
**Favourite food:** Steak

**Most favourite thing in the world**: Pen and Paper.

Jon

School-based Therapist

**Favourite Colour:** Orange

**Favourite Book**: Jaws

**Favourite Food**: French Toast

**Most favourite thing in the whole world:** My Cat Murray

Jessica

School-based Therapist and Manager



Favourite Colour**:** Pink  
Favourite Book**:** Harry Potter  
Favourite food:MexicanMost favourite thing in the world**:** My Family

Kathleen

School-based Therapist.



Favourite Colour: Green

Favourite Book: ‘The Parable of the Sower’

Favourite food: Veggie Curry

Most favourite thing in the world: Relaxing with family and friends.