

## Contact Us

### Aireborough Family Services

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Yeadon  
LS19 7XX

**Telephone:** 0113 378 0064

**For general queries email:**  
[julia.whiteley@aireboroughxs.co.uk](mailto:julia.whiteley@aireboroughxs.co.uk)

**Website:**  
Visit [www.aireboroughxs.co.uk](http://www.aireboroughxs.co.uk)  
for more information about all our activities

Find us on Facebook



## Aireborough Family Services

Working together with children, young people and families



Welcome to Aireborough Family Services. We are an established 0-19 early intervention family support and therapeutic service working in close partnership with Aireborough Children's Centre, who provide support to the 0-5 range specifically, and with the 11 primary and 3 secondary schools serving the Aireborough community (Rawdon, Yeadon and Guiseley).

We are funded by the schools in this area of Leeds as well as having investment from partners in Health Commissioning and Leeds Children's Services to provide targeted approaches to promote emotional, social and mental wellbeing for children, young people and their families.

We have been delivering support, services and groups since 2009 and have a team of qualified, experienced and knowledgeable Therapists and Family Support Workers who provide short-term intervention based work with families, children and young people in group and individual sessions. We also have established expertise in providing short-term adult therapy and have volunteer and trainee counsellors within the team to provide this service.

We are a highly valued and in-demand service with a small core team and therefore we do have a waiting list for our services. We have therefore adopted a pathway and partnership approach, offering initial consultation, signposting, and advice to ensure we are the best match of service and to provide some connection and support whilst families are on our waiting list.

Our service can be accessed through conversation with your school based pastoral lead, through your GP, by contacting MINDMATE single point of access, by contacting us directly or through any involved professional who can make a request on your behalf.

## Meet The Team



Simon Toyne  
Integrated Services Leader



Marion Astin  
School and Parent Therapist



Rachael Wright  
School Therapist



Karen Coburn  
Family Support Worker



Sue Scholey  
Family Support Worker



Alison Forster  
Family Support Worker



Julia Whiteley  
Administrator

# MindMate<sup>©</sup>

**MindMate is a Leeds-based website for young people, their families and the professionals who support them. The site can help you explore emotional wellbeing and mental health issues and offer information about where support is available.**

**If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support. Simply visit the website at [www.mindmate.org.uk](http://www.mindmate.org.uk) and click on 'Advice for young people'.**

**For parents/carers the website has a number of useful resources available to help you understand what your child is experiencing and how best to provide support.**

**Both young people (13-17 years) or parents/carers of a young person (5-17 years) can now phone Leeds MindMate SPA (Single Point of Access) who will work with local services to help find the right support for you. Call Leeds MindMate SPA during office hours on 0300 555 0324.**

## Our Courses

### STEP Forward

STEPS is a programme to help you understand how your mind works. It helps you gain positive thinking skills to develop motivation and self-belief. Based on the highly acclaimed Steps Towards Excellence and Personal Success developed by the Pacific Institute, it incorporates techniques of Mindfulness, an approach to well-being that can help you change the way you think about experiences and reduce stress and anxiety.

### Take 3

This is a course for parents of young people aged between 10 and 18. The programme aims to improve relationships between young people and their families and to improve young people's behaviours at home, at school and in the wider community.

The course reflects an important principle, that successful parenting, through providing nurture and structure, can only be implemented successfully if parents value themselves.

### Domestic Abuse Awareness

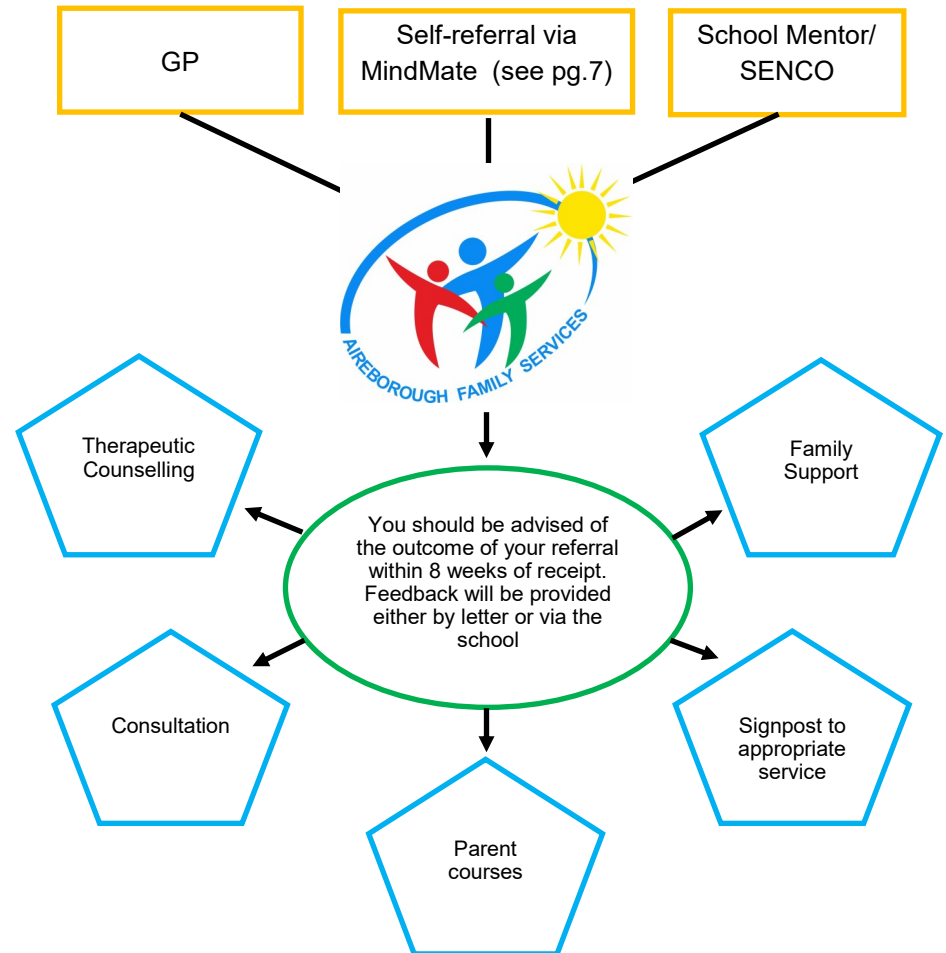
This course looks at the impacts of domestic abuse on different family members and how best to keep you and your children safe.

Course content includes the emotional needs of children, the importance of listening and talking, building confidence and self-esteem, recognising the signs of an unhealthy relationship, strategies to manage difficult situations, and the way forward following domestic abuse.

**Information on upcoming courses and how to book can be found on our website at [www.aireboroughxs.co.uk](http://www.aireboroughxs.co.uk)**

## The Process

To refer your child/young person just contact one of the following to start the process:



## Therapeutic Counselling



Counselling provides young people and their families a private space and time to talk about what is going on for them or about anything that is worrying them. A counsellor is someone who will listen to you; they will not judge you or tell you what to do. Young people bring a very wide range of issues to counselling; including relationships, bereavement and loss, anxiety, low mood, stress and identity.

The counselling approach is tailored to the individual; but may incorporate play and creative based therapy, psychoeducation or CBT. The aim of counselling is to provide a safe space in which the individual can explore what is going on for them. This may improve self-awareness and empower the individual with the tools and resilience to better manage their difficulties. The advantage of counsellors being embedded within the cluster of schools is that recommendations and follow up can be provided both with the school and to families which might include further support for the young person and / or family after counselling has ended.

The therapeutic service offers all young people in Aireborough an opportunity to access counselling at a time and place that is convenient for them. Most likely this is during the school day in their own school, but flexibility can be offered to include after school and off-site appointments.

We offer short-term therapeutic interventions with young people between the ages of 5 and 18, usually 6 - 8 weekly sessions, though again some flexibility can be offered.



## Family Support



Our Family Support Service is regarded as one of the most valuable resources available to schools and families in the area. It is there to provide help for families who, for whatever reason, encounter problems and challenges in the day to day process of raising and supporting a family.

We recognise that almost every family faces practical, financial, emotional and behavioural challenges at some point, and almost every child will show some behavioural issues at some time or another. Most of the time, this is just part and parcel of growing up and raising a family, and parents and carers find solutions to cope with these. However, every now and again some families may need a bit more support and assistance. This could be from any number of causes; bullying at school, changes in health or employment status of a family member, coping with loss of a loved one, dealing with divorce/separation or many other reasons.

This is where the Family Support Service comes in. Our team of experienced and professional support workers work closely with families and make sure we tailor support to meet a family's needs. This may be through just our service or, with consent from the family, by working with other agencies or services. We provide individual parenting advice to help parents to support their own children in difficult times. This support is always delivered on an agreed basis with parents and is fully confidential and is absolutely free. We have already worked with many families and we are committed to helping children and young people in the area.

