



GIPSIL

Community, Health & Prevention
(The Beck Services)

Gipsil (The Beck) have been providing **Mental Health Counselling & Wellbeing Services** across the Seacroft and Manston Cluster for a number of years, however our services are ever changing and evolving and how we work now isn't necessarily how we started. There have also been a lot of changes within our organisation staffing and structure which some people may not be up to date with. We have designed this Newsletter as a way to stay in touch and keep you up to date with our latest information, be able to introduce new and existing staff to the service and as a way to ensure you know who to contact directly if you need to. We're also planning on including other pieces of interest as the Newsletter develops and are open to suggestions with the content you'd like to see moving forwards.

OUR SERVICES (Available through the Cluster & Spot Purchase)

Wellbeing

An Individual Wellbeing Support Worker will create a tailor made 8 week support plan, centered on the specific needs of each young person.

Sessions focus can include emotional regulation or support with; Low self esteem / confidence, Self harm, Anger management, Child sexual exploitation, Anxiety and stress, Teenage Partner Violence, Risk of offending, Impact of family conflict, Behavioural difficulties or Risky behaviour.

Counselling & Play Therapy

Our counsellors are trained and experienced in working with young people and the types of issues they might be facing, including: loss, abuse, depression, anxiety, self-harm, relationship problems, rape and bullying.

The counsellors will work in a way that best suits the needs of their clients and will use a number of creative techniques to support and engage clients such as play-therapy and solution focused therapy.

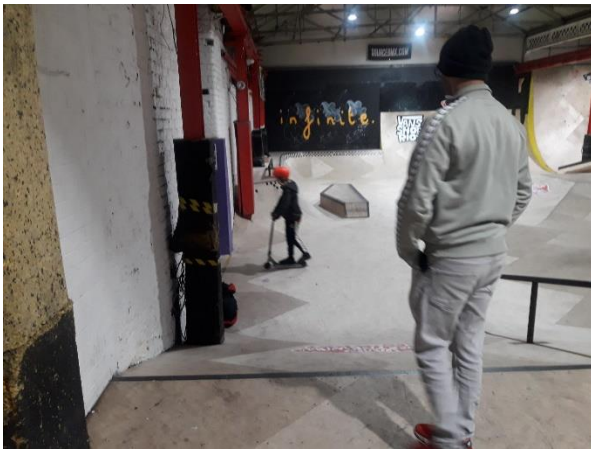
Parent Counselling

We offer access to a fully qualified Counsellor who has a vast amount of experience working with parents and the types of issues they might be facing, including:

Relationship Issues,
Depression, Bereavement,
Emotional response to
Illness, Family problems,
General life stresses, Work
Stress, Abuse, Anxiety, Low
Self Esteem

CHRISTMAS ACTIVITIES

OVER THE WINTER OUR WELLBEING TEAM CONTINUED WORKING HARD WITH OUR YOUNG PEOPLE TO DELIVER SOME GREAT ACTIVITIES.....



Funded by **Healthy Holidays** and with an emphasis on healthy eating, physical activity and fun, the Beck coordinate and facilitate a programme of activities during the School holidays.

Activities delivered over the Christmas period, which were open to young people accessing The Beck support (all trips included the provision of healthy packed lunches or hot food), included;

- LSTEN skateboarding
- BMX'ing
- Sharing our Christmas Hampers with a range of clients and their families including gifts!

MEET THE TEAM



Briony Wright – Play Therapist

Briony is a Play Therapist who joined the service in September. She is usually seen wheeling a giant kit of activities around to support her in sessions with young people. Briony enjoys using a range of different mediums to connect and engage with young people (but was particularly distraught when dropping her sand tray in the car park of Manston St James)

Most recently Briony has taken on additional responsibilities conducting therapeutic assessment. In her spare time, Briony enjoys arts and crafts, pottery classes as well as baking (amazing cakes!). Another interesting fact is that Briony lives in the house made famous for the Cottingley Fairies.....

Sam Rawlings – Counsellor

Sam has previously worked with children's society, Voluntary Place2 Be, Nursery and early years, children's centres, SCE and Residentials. She joined us in March 2022 and really loves the school environment and working particularly with the younger children. Finds it great to see children's art work up in the schools and is passionate about them bringing their own ideas and creativity to the sessions.

Enjoys - Walks, Family time, Mindfulness and Aromatherapy.



Jangeez Khan – Wellbeing Worker

Previously Jangeez worked at Barca as part of the Work Well Team working with 15- 24 year olds who were either NEET or at risk of becoming NEET as well as supporting with any mental health needs. Jangeez is passionate about a therapeutic approach to support people emotionally and is skilled at building positive connections with young people to help them on improving their wellbeing.

In his spare time he enjoys Olympic wrestling, mixed martial arts and jiu jitsu.

UPCOMING EVENTS

Dates for the diary:

2nd February: Time to Talk Day

6-12th February : Childrens Mental Health Week

24th February – 2nd March: Eating Disorders Awareness Week

30th March: World Bipolar Day

On the **31st January** all our therapists will be having additional training to understand the complexities of working with someone therapeutically when there may be an ongoing court case/ legal proceedings. We are hopeful following this we will be able to offer a more supported service in this instances which focus on the best needs of the client.

Impact of Cost of Living Crisis

As everyone will be aware we are seeing a huge impact on young people and their mental health following the cost of living crisis. Whilst this isn't new it is putting young people under continuous stress they may not have faced before.

Below are some links to articles which may prove helpful and informative for understanding the impact;

www.barnardos.org.uk/get-involved/campaign-with-us/impact-of-cost-of-living

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health/>

BEFORE WE GO.....

PLEASE LET US KNOW WHAT YOU THINK OF THE NEWSLETTER AND ANY SUGGESTIONS, ADDITIONS OR CHANGES YOU WOULD LIKE TO SEE

CONTACT: CHELCEY.HUXLEY@GIPSIL.ORG.UK

Louise Forrest

Head of Service – Community, Health & Prevention

e: louise.forrest@gipsil.org.uk

GIPSIL Head Office

The Old Fire Station,

Gipton Approach,

Gipton,

Leeds,

LS9 6NL

Telephone: 01132 481 301