

Garforth Cluster

Family Support

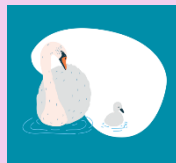
Support for families covering various needs including, parenting, challenging behaviour, sleep, aligning parental styles etc. Support can include:

- Home visits
- Office based sessions
- Signposting
- Support accessing external services

We use a whole family approach and complete a formulation assessment to create family plans and goals.

We provide practical parenting strategies and advise to empower families to make changes to see desired outcomes, support usually takes place between three to six months.

Cygnets



A support programme for parents and carers of children and young people, aged 5-18, who are diagnosed autistic or on a pathway.

The Cygnets autism support programme gives parents and carers an opportunity to develop their understanding of autism and consider ways to support their child.

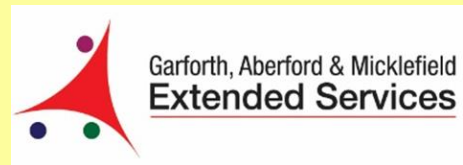
Therapy

NORTHPOINT

Providing a safe space for children and young people to explore and work through any issues current or historic that may be causing them difficulties. Usually held on a 1-1 basis for 6-8 weeks within their school setting. Supports children and young people to cope better with emotions and feelings.

Therapy is always confidential with the exception of safeguarding.

Who we are!



We are a multi-disciplinary team within Early Help Support made up of a Family Support Worker, Cluster Leader, Counsellors and Mentors. In Garforth Cluster we cover 7 Primary Schools and 1 High School.

If you feel your family or children would benefit from Garforth cluster, speak with your school in the first instance and they can refer to us!

Mentoring

(High school service only)



Providing one to one mentoring with students and single sex groups that focus on a wide range of emotional wellbeing. Support usually takes place around 6-8 weeks, based in the high school setting.



SilverCloud offers access to free on-line support for young people, parents and carers with minimal wait times. A counsellor will provide on-line guidance, advice and check ins over a 6-week period.

Silver Cloud has been created by therapists and uses a Cognitive Behaviour Therapy approach.

SilverCloud is a digital form of therapeutic mental health support, and usually the first part of support most young people accesses via Garforth Cluster.

Parent/carer programme

- Supporting an anxious child/teen

Young person programmes (10+)

- Low Mood
- Anxiety
- Anxiety & Low mood
- Living well with ADHD