



CHILDREN'S CENTRE PSYCHOLOGY NEWSLETTER: AUTUMN 2025



The Team



Dr Kellie
Turner



Dr Kirstie
Davies



Dr Rebekah
Sutherland



Luciana Oliver



Michael
Charles



Fenella
Chedham



Tamsin
Cuthbert



Lucy
Bennett-
Downes



Emily
Humphries



Dr Jeni
McElwee

Staffing Update



We are excited to welcome Emily, who is a student Psychologist on placement with us for the next year as part of her undergraduate degree



Hello everyone, I'm Emily. I'm a new placement student for the year from the University of Bath, taking a break from my undergraduate course to earn some experience, and I'm super excited to be working with Children's Centre Psychology!!

It is also time for us to say goodbye and good luck to our wonderful Assistant Psychologist Pippa.

Pippa has spent the last year working across the entire Children with Additional Needs Pathway and has been such a valuable support to many teams. Her dedication and passion for service development will be greatly missed but we wish her the best of luck with her future endeavours.



Children's Centre Psychology Workshops

We will be continuing our virtual workshops for parents/carers of children with additional needs. Over the next few months we will be offering the workshops below. Please scan, click on the QR code to book onto these and/or to sign up to our workshop mailing list



Supporting Anxiety in Children

Monday 3rd November
10am-12noon



Introduction to Sleep

Monday 15th December
10am-12 noon



Transitions and Separations

Wednesday 22nd October
10am-12 noon



Exploring Behaviours That
Can Challenge

Wednesday 21st January
10am - 12noon



Supporting Communication
Workshop

Wednesday 19th November
10am-12noon



Preparing and Supporting
Through puberty

Wednesday 3rd December
10am-12noon

Recorded Workshops

We are pleased to let you know that you can now access some of our main workshops on YouTube. Links are below.

Exploring Behaviour That Can Challenge: <https://youtu.be/KXfMgk-sL4k>

Supporting Anxiety in Children: <https://youtu.be/nH-YXw4ZWYE>

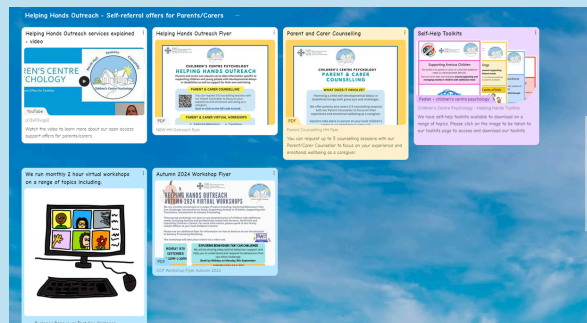
Introduction to Sleep: <https://youtu.be/YoM9LKSmRZ8>

If you view the workshops in this format, please complete the feedback form, (see QR code at the end of the workshop) as we really value your comments as it helps us to adapt our offers and create new opportunities for support.

For more information about us and all that we offer please take a look at our Padlet. You can access the Padlet by scanning the QR code below.

We host all of our toolkits, leaflets and flyers, newsletters and other useful resources and information for families on our Padlet. It is quite accessible and all the resources hosted there are free and easy to download. We hope this will enable families to have much more accessible and relevant information available to them when they need it.

Children's Centre
Psychology Padlet



Toolkits

As part of our Children's Centre Psychology Helping Hands Outreach we also offer a range of toolkits. Topics include:

- Building resilience
- Emotional Wellbeing
- Separation Anxiety
- Friendships
- Promoting Sleep in Children
- Supporting Anxious Children
- Supporting Siblings
- Supporting Your Child's Transition
- Understanding Behaviour

If you would like to access any of these toolkits please scan the QR code to be taken to the Toolkits Padlet, which is also available from the main CCP Padlet, where you can download any of the toolkits.



Upcoming Awareness Days/Weeks

World Children's Day

20th November

A day to consider the importance of supporting the rights of our children across the world to improve children's welfare

Carers Rights Days

November 20

A day to raise the awareness of the right of unpaid carers in the UK. The theme this year is 'Know your rights, use your rights'

Down Syndrome Awareness Month

October

An annual event dedicated to raising awareness and celebrating people with Down Syndrome. By sharing information and facts we can help to break down barriers and misinformation and focus on advocacy and inclusion!



WE WANT YOUR HELP!



In CCP we value working together as a community so we would like to offer you a chance to have a greater voice in our service.

There are many ways in which you can do this.

- Join our **Parent Participation Panel** (K.I.S.S. - Knowledge, Information, Signposting & Support) for opportunities to have a voice in service development, creation of resources, participation in specific projects.
- **Share your stories.** We would like to offer families an opportunity to write an article about your experiences raising a child with additional developmental needs or any experiences you've had in receiving support from Children's Centre Psychology.

If you would like to get involved in any of these offers then please get in touch with us via email (ABB.HelpingHandsTeam@wales.nhs.uk) and someone from the team will contact you to discuss further.



We run a Siblings Group for young people who have a brother or sister who has additional needs.

Who for?

The group is for children and young people aged 8-12 who have sibling who has additional needs

When is the group?

The Siblings group runs on a **Monday after school**, starting at the end of **January** and running for **8 weeks**. The group is held at **Serennu Children's Centre**.

If you think your child would benefit from having a space to think about what it is like to have a sibling with additional needs and spend some time thinking about emotions and how we can manage them please register your interest by clicking or scanning the QR code below.



If you have a child outside of this age group who would like to attend please do let us know! This helps to inform future groups

Halloween Maze Challenge

Can you help the ghost get to the haunted house?

