

The Change Team



Promoting positive wellbeing across Dysart school

Seeking help and support

Speak to someone in school:

Parent Hub

The Parent Hub is a group of parents with children who attend Dysart School. The aim of the parent hub is to support other parents with their mental health and wellbeing through events such as coffee mornings, talks, support groups and activities.

WE ARE THE CHANGE TEAM PARENT HUB!

ALI (YASMIN)	IRENE (DARCY)	JAQUELINNE (VICTORIA)	MARTA (JOSEPHINE)
MIMI (MIA)	NICOLA (ALANNI)	STEFANIA (ZAKARIYYA)	YATTI (GEORGE)
BENATA (LUKAS)	SARAH (ROBERT)	NUNE (TIGRAN)	

Created by Joanna Williams Updated Family support 2020



The Change Team



Promoting positive wellbeing across Dysart school

SLT

All members of the **SLT** have an 'open door policy' (even though our doors may be closed due to unscheduled pupil visitors!) We will always make time for you should you need to discuss a concern or have a question and if unavailable at the time, we will let you know when a good time to meet is.



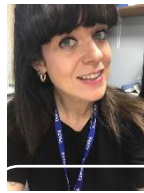
Leigh
Head
Principal



Dani
Dept
Principal



Steph
Assist
Principal



Jo
Assist
Principal



Penny
Business
Manager



Jack
Head of Upper
School Dept

Mental Health First Aider's (MHFA's):

At Dysart we currently have 3 Mental Health First Aiders (MHFA) who are able to chat and to listen to you if you need them. If a MHFA is unavailable to chat to you when you may need them, they will let you know when a good time to meet is.



Jo
Assist
Principal
/ MHWB
lead



Nick
Head of
Apollo
provision



Rachel
Emotional Wellbeing
Practitioner



The Change Team



Promoting positive wellbeing across Dysart school

Local support groups in our local community

Kingston SEN and Disability Information, Advice & Support Service

Information, advice and support relating to SEND. Support with ECHP process, schools, placements, reviews and lodging paperwork for an appeal. Additional SEND support available for benefits, short breaks and general information regarding disability through the affiliated Family Information Service

Contact:

KIDS Kingston SEN and Disability Information, Advice & Support Service
Moor Lane Children and Young People's Development Service
The Moor Lane Centre
Moor Lane
Chessington
Surrey
KT9 2AA

Telephone:

020 8547 6200

Email:

RichmondKingston@kids.org.uk

Website:

www.kids.org.uk/richmond-and-kingston-sendiaas

Express CIC

An independent user led 'not for profit' community organisation based in the borough of Kingston upon Thames. **Express** has a number of support groups, workshops and advisory sessions for parents and carers including evening and day time meet ups for all members of the family as well as sessions for children and young people with special needs.

Created by Joanna Williams Updated Family support 2020



The Change Team



Promoting positive wellbeing across Dysart school

Contact:

Express CIC: 452 Ewell Road, Surbiton, KT6 7EL

Telephone:

020 8390 4273

Email:

info@expresscic.org.uk

Speak to your GP

If you have any concerns regarding your own mental health or emotional wellbeing, you can visit your GP to discuss this. They can check for any underlying medical issue which might be contributing to how you are feeling and support you in accessing the most appropriate help.

Self-refer to iCope

Kingston iCope offers treatment for a range of psychological problems, including anxiety and depression. Their main hub is based at Hollyfield House in Surbiton, but also work within GP surgeries and community settings throughout the Borough of Kingston. The service is for all adults registered with a Kingston GP.

The staff members at iCope are all trained to a high standard to deliver evidence-based psychological therapies. Staff are either Psychological Wellbeing Practitioners or Psychological Therapists. iCope Kingston offers a range of courses and individual treatments to help people manage symptoms of depression, anxiety and other cognitive, emotional and behavioural difficulties.

You can find more information and self-refer via their website:
<https://kingston.icope.nhs.uk/>



Created by Joanna Williams Updated Family support 2020

The Change Team



Promoting positive wellbeing across Dysart school

Samaritans

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection. You can get in touch about anything that's troubling you, no matter how large or small the issue feels. At Samaritans they are available to listen with no judgement, no pressure, and help you work through what's on your mind.

You can call them for free on 116123

Or

You can email them at jo@samaritans.org

For more helpful information visit <https://www.samaritans.org/>

In an emergency go to A&E

If you feel that you are not able to keep yourself safe or you are worried you might harm yourself or someone else it is important that you go to A&E and receive immediate help and support.

