

April 2023 – July 2023

The Team

Therapy Team Manager	Ourania Sitra
Complex Case Therapist	Sema Bilen - Alonso
Complex Case Therapist	Zoe Weston
Trainee Therapist	Erin Lo
Trainee Therapist	Chrysoula Karamitsou
Trainee Therapist	Sophie Crooke
Volunteer Therapist	Francesca Zanatta

“ I like coming here because I can talk about my feelings and I don’t do that a lot.
Year 3 child accessing 6xTT ”



Breakdown by Numbers

20	Children seen in 1:1 therapy	180	Therapy sessions offered
149	Therapy sessions attended	80	Children seen for Check-ins
4	Children seen for 6xTalkTime	17	Children seen for Speak Up's
0	Children seen for OT	12	Teacher Meetings attended
0	Children seen for SaLT	0	Parents attended the Online Parenting Group
10	Children seen in Transition Groups	16	Parent Meetings attended
0	Professional Meetings attended by the UP team		

Term Overview

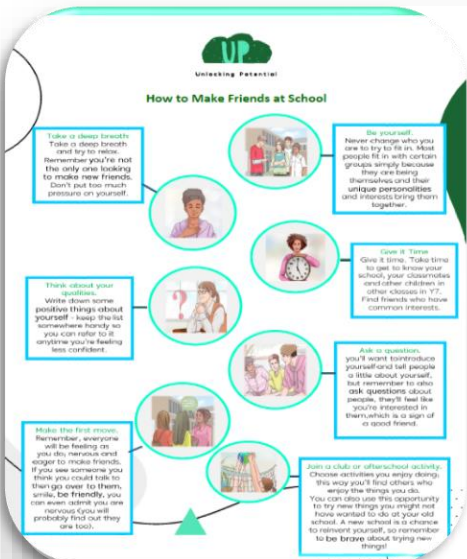
It has been a busy and full and term at Hoxton Garden. Summer is a term full of excitement, celebrations and changes for children as they prepare for their new year groups. The UP team has worked together with the school to identify and address the children’s needs and use the different UP interventions to support them.

This term we will also be saying goodbye to Erin, one of our trainee therapists as her placement comes to an end and Fran who started as a trainee and continued as a volunteer therapist. They have both been great assets to the team and we wish them well in all their future endeavors.

Transition Groups

Year 6 is a year filled with excitement, new challenges and changes while the children prepare for SATS and the transition to Year 7.

The transition to secondary school can often evoke feelings of excitement and enthusiasm, but also can bring up worries and insecurities. The Therapy Team Manager developed a group work programme, which in collaboration with the learning mentor and Year 6 teachers was delivered to the whole year group. The groups created a safe space for all children to explore their feelings and worries, whilst learning useful tools and strategies to form new friendships and prepare for the different expectations of secondary school. The children were very engaged and enjoyed sharing their fears and expectations with their classmates, finding some common ground and comfort that lessened their worries in the process.



6x Talk Time

6 x Talk Time was offered throughout the summer term to children. A recurring theme of emotional regulation was common throughout these interventions. Within the sessions children explored different reasons why emotions can sometimes become overwhelming and came up with personalized techniques and strategies to help them cope with challenging feelings. The children were able to use these strategies within and outside of the classroom, and as a consequence were better able to regulate their emotions.



Check Ins

Throughout the term, regular check ins have been offered to children that have been identified by the school and the Therapy Team Manager as needing an additional holding space, because of recent crises or challenges. Check ins have been very useful for the Therapy Team Manager to explore the particular needs of each child and assess which UP intervention is most appropriate for the future. Children greatly benefited from having a weekly safe space to express themselves and explore their worries and feelings.