

Services for carers

# Therapeutic Social Work



What's on offer?

There are three distinct services at the Therapeutic Social Work Team offering support for carers when they need it most.



Leeds  
CITY COUNCIL

MAR2017 TSWC

## Fostering Surgery

The Fostering Surgery is for foster and kinship carers and special guardians who are not already receiving a service from the Therapeutic Social Work Team.

This support is for up to a maximum of three, hour long consultation sessions (five for kinship carers and special guardians) with a therapeutic social worker. We can use this time to think about any challenges you may be facing such as: managing aggression; wetting and soiling; harmful sexual



behaviour; anxiety; or sleep or eating difficulties.

It can help sometimes to think about how to understand the behaviours, develop strategies for managing them and get some reassurance you're doing the right thing.

The child's social worker and your supervising social worker can come to the appointments with you if you feel it would be helpful. You will receive a written record of the discussions, including any plans and recommendations, and we will also add this to the child's file.

Carers can contact the team directly to access this service on

☎ **0113 3781800**

An appointment is usually offered within 4 weeks at

✉ **15 Lavender Walk, LS9 8TX**



**KEEP**  
Keeping Foster and Kinship Carers Supported



### KEEP

KEEP is a positive parenting programme aimed at enhancing carers' skills and resilience when caring for children with behaviours that challenge. KEEP is designed for all carers (foster, kinship and special guardians) who are looking after children between the ages of 5 and 12 years, who must have been in placement for at least 30 days before the group begins.

We collect information before, during and after the group ends about the children's behaviour, carer stress and parenting style which helps us to understand how best to support you and your child and to see where progress is being made. We hope a supportive group experience allows carers to build



on existing strengths as well as developing new skills, with a particular focus on:

- Encouragement and cooperation
- Teaching new, pro-social behaviours
- Limit setting
- Avoiding power struggles
- Pre-teaching – preparing children for tricky situations
- Promoting school success and peer relationships
- Stress management for carers

The group runs twice a year over 16 weeks, in the Spring and Autumn at 15 Lavender Walk. Because of the intensity of the programme it can suit carers where the difficulties may feel very overwhelming as support is high. If you would like to come to KEEP please talk to your supervising social worker or ring the TSWT on

☎ **378 1800** to self-refer.



**NURTURED HEART  
APPROACH®**

## Nurtured Heart Approach

A training course introduces the Nurtured Heart Approach (NHA) to foster and kinship carers and the monthly support group thereafter provides an opportunity to share successes and work through challenges together as a group. Carers can also opt in to a quarterly follow up group in the second year.



A less intensive programme than KEEP, the NHA introduces carers of children aged 5-18 years to a new set of ideas, offering support to make changes in themselves and to work with children to develop positive relationships with those around them. NHA is very much a means of getting carers back in the driving seat.

For more information about the NHA, please contact the Therapeutic Social Work Team or your supervising social worker. There are a number of courses running across the city throughout the year and applications should be made through PALS.



## How to contact us

✉ 15 Lavender Walk, Leeds, LS9 8TX

☎ 0113 378 1800