



## **Trafford Sunrise, Emotional Health and Wellbeing Service for 5–12-year-olds**

Trafford Sunrise have not been accepting referrals since 6<sup>th</sup> December 2021. Since then, the service has been working closely with commissioners to progress a waitlist clearance initiative and a plan to reopen the service again to new referrals. We are pleased to let you know that Trafford Sunrise will **re-open to new referrals on Monday 5<sup>th</sup> September**. The service will focus on addressing the clinical needs of 5-12 year olds through effective, evidence based group support. Please note that 1:1 support will only be offered on an exceptional basis determined by clinical need.

In this letter we have included information about Trafford Thrive in Education offer, further details can be found below. In order to ensure that 5-12 year olds needs are met by the most appropriate service, please ensure that the school they attend is included in your referral.

The criteria for referrals to Trafford Sunrise is:

- Age 5-12 years at referral
- Trafford resident/Trafford GP
- Mild to moderate emotional or behavioural difficulties
- Not actively self-harming or expressing suicidal ideation
- Not currently receiving support from CAMHS (unless being supported through a diagnostic pathway)
- Parent/carer is able to engage in group-based support
- This service is not suitable for families being supported by social care at either Child in Need or Child Protection level (level 4) or children who are care experienced (Level 5) (Please follow this link for more information [Trafford levels of need for social care support | Trafford Directory](#) )

From September the service offer will include:

### **Early Support Groups**

The Early Support Group will consist of two sessions. Session 1 will be a facilitated discussion with the aim of understanding the distress the child is experiencing and its impact on the family. Useful models of anxiety, behaviour and emotional regulation will be shared to support parents' understanding. Parents will then have the opportunity to go away and reflect on what they have learnt in the first session before returning for session 2. This session will focus more on strategies that parents can use to support their child and a consideration of any barriers they may experience. Early Support Groups are held online on Zoom.

### **Working Together Groups**

Working Together groups are facilitated either by a Practitioner Psychologist, Mental Health Practitioner, Psychotherapist or Assistant Psychologist. Groups are held at a community

venue across Trafford. The groups usually have between 5 and 10 children in them, categorized by age. Both child and Parent are expected to attend each group.

### Group Content

Typically, groups will cover the following (this is not exhaustive)

- Recognising and understanding feelings
- Strategies and resources to cope with difficult feelings
- The purpose of the group is to support children and parents to develop skills which will help the children deal with stressors in their lives.
- The group encourages children, parents and facilitators to work together to develop strategies which will support the children through their difficulties.

### **Parent Workshops**

**Referrals for workshops are not required** and parents can be signposted to themed parent workshops, these are held both virtually and face to face. Workshop topics may include anxiety, behavioural difficulties, parental separation, and divorce and bullying amongst others. **Referrals for workshops are not needed** and information about workshops is shared frequently including details of dates and topics. This information can also be found on the Trafford Directory [\\* Trafford Sunrise - Children's Emotional Wellbeing and Support for Parents | Trafford Directory](#)

### **Thrive in Education**

A number of primary schools in Trafford are a part of the Thrive in Education, Mental Health Support Teams (MHST) in schools programme. Place 2 Be are the provider of mental health and emotional wellbeing support to Trafford primary schools involved in this programme.

**Please can you ensure that you include the child's school on your referral in order that the team can ensure that the most appropriate service is identified to support the needs of the child either through Trafford Sunrise or via school based support.**

### **Trafford Schools included in MHST**

#### **Primary Schools**

Well Green Primary School	Moorlands Junior School
Bowdon C E Primary School	Wellfield Infant & Nursery
Longford Park School	Pictor School
Gorse Hill Primary School	St Mary's CE Primary School
Woodhouse Primary School	Heyes Lane Primary School
Victoria Park Junior School	Lime Tree Primary Academy
St Margaret Ward Catholic Primary School	All Saints Catholic Primary School
Old Trafford Community Academy	Seymour Park Community School
Barton Clough Primary School	Stamford Park Junior/Infant School
English Martyrs RC Primary School	St Alphonsus RC Primary School
Highfield Primary School	

## Secondary Schools

Sale High School	Flixton Girls School
Wellacre Academy	Urmston Grammar School
Sale Grammar School	Loreto Grammar School
St Anthony's Catholic College	Stretford High School
Stretford Grammar School	Blessed Thomas Halford Catholic College
Lostock College	Trafford Alternative Provision

**To make a referral to Trafford Sunrise, please do this securely via email (e.g. using Egress) to [sunrise@justpsychology.co.uk](mailto:sunrise@justpsychology.co.uk)**