

Seasons for Growth Autumn 2017 Newsletter



TRAINING UPDATE

Another 20 Companions were trained this October. We were happy to include a trainee Educational Psychologist from Falkirk, the Head Teacher of an orphanage in Nigeria and a lecturer from Glasgow Clyde College, alongside WDC Learning Assistants, Teachers, Educational Psychologists and Pupil & Family Support Workers. The “class of 2017” photo reflects how well they performed as a group.



In order to strengthen the sustainability of Seasons in the Authority, we are training a new trainer. Joanna Moir undertook her Seasons Companion training for the children and young people programme and also the adult programme while she was a trainee Educational Psychologist with us. Having run groups for children, adults and professionals, she is now an Educational Psychologist for our service. She’ll complete her training this year and will join Alison in delivering the second training of the year in 2018,

as our October training was oversubscribed.

This means that our team of Trainers who can deliver the two day training in West Dunbartonshire has expanded to three: Nicola, Alison and Joanna. This will increase our sustainability in delivering Seasons training.

We now have 224 Companions on our active database.

Once Companions have run a group, returned a complete set of evaluations and attended a re-connector, their Statement of Authorisation will be sent to them.

Reconnector Dates:

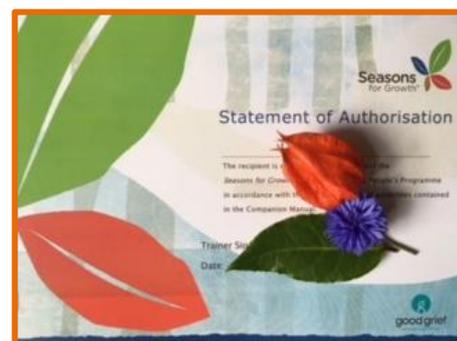
Wednesday 28th February

3.30 – 4.30pm

Friday 4th May

1.30 – 2.30pm

**Congratulations to
the Companions
who have been
awarded their
Statement!**



Emma McFall and Jean Roy, from Vale of Leven Academy, trained as Companions in October 2016.

Here they are with members of the first group they ran, in Spring 2017.

They have gone on to a run group in Summer and two in Autumn.



EVALUATIONS

Most Companions are now returning full sets of evaluations to Seasons trainer Alison Gardner on the completion of courses. Sadly, there are still some schools that don't yet do this regularly. The evaluations are a crucial part of Seasons' success. Evaluation is a mechanism for reflection between pairs of Companions; individual CPD; feedback from parents/carers and pupils, for evidence of impact on outcomes; ensuring support for Companions and schools in fidelity to the programme; and a source of ideas for the newsletter! We are aiming for 100% return of evaluations this year! We also get moving comments from parents about changes they've seen in their children as a result of them undertaking the programme:

Since completing the SfG, my child is slowly but surely talking (not shouting as they would have normally done!) about their feelings; and the panic attacks are definitely

He has become the happy, easy going boy he was before his parents broke up. His mood swings have decreased and he is smiling often.

He has learnt to talk about things that upset him instead of getting angry and taking it out on others.

From a young age we are always taught you're brave if you don't cry – she's had trouble undoing this belief & now she knows it's ok to show emotions & talk about feelings

I can't believe you got her to talk – she hasn't stopped!

Contact details: If you have any comments or questions about Seasons for Growth, please contact Alison Gardner, Senior Educational Psychologist, on **01389 800491** or via email: Alison.Gardner@west-dunbarton.gov.uk