



Seasons for Growth West Dunbartonshire



Newsletter Summer 2012

Gill Beadie, Clydebank High School.

This poem came from a level 3 group which consisted of five S1 pupils and one S2 pupil (Erin). It was one of those groups that seem to gel so well together and was highly successful, with Erin helping to draw out the younger pupils with her openness and honesty. We were doing session 8 and I had asked the pupils to create a poster or advert of what they had learned. Erin asked if she could write a poem instead. Below is her view of what Seasons can do. It made me realise the value of our programme.



Seasons for Growth

When we feel alone,
Or when we're at our worst
There's someone who will care
Someone we can trust.



We all make mistakes
And find it hard to forgive
Let all the hatred go
For a positive way to live.



Someone always there to help,
To lend a sympathetic ear
No-one wants to feel unloved,
Or live life full of fear.



Things will eventually get better
Even though it hurts right now.
Confused on how to live your life?
Seasons for Growth will show you how.

Erin King, S2



Seasons for Growth
Companion Training

Thursday 8th & Friday 9th
November 2012



Reconnector Meetings:

Thursday 1st November 2012 3.45-4.45

Wednesday 27th February 2013 3.45-4.45

Thursday 23rd May 2013 1.30-2.30

Young People in West Dunbartonshire get Arty

The idea of creating Seasons for Growth posters and leaflets with Looked After Children Away from Home had several aims:

- Raise further awareness of Seasons for Growth in each local authority children's unit.
- Create colourful posters about Seasons which young people can relate to.
- Let those young people who had already been a part of seasons reconnect and share their experiences.
- Involve unit staff.

With funding from Choose Life and the support of CAOS, a local community art project, young people worked together to produce pictures using collage to depict a season. Each unit drew one season and these were then linked together for the poster image. Throughout each session the young people had an opportunity to discuss the format of Seasons for Growth and what valuable skills they had gained from taking part.

Facilitating an art session in the units allowed the young people to be in a safe and familiar environment. They were encouraged to come to the next Seasons for Growth group. It was a lovely project to be a part of and the end results, as you can see, are fantastic.

Nikki Milligan, LAAC Nurse and Margaret Semple, Social Work Support Worker



- Meet in groups with other young people

- Helps spend time looking at difficult changes and loss, within families, friendships, schools and communities.

If you would like to know more please talk to your teacher, social worker or school nurse



getting
it right
for every child

in West Dunbartonshire

If you have any comments or questions about Seasons contact Alison Gardner at alison.gardner@west-dunbarton.gov.uk



chooselife
A national strategy and action plan to prevent suicide in Scotland