

Think Children

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Emotional wellbeing service

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Who are Think Children?



Think Children is an effective local charity providing early help for children aged 4-11 years old with emerging social, emotional or behavioural issues across Nottinghamshire and the City of Nottingham. Our school-based support fills a gap in local services for children who can't access statutory intervention and for whom there is often little or no other help available. Parents/carers have told us that *"nobody wants to know until it's too late!"*

We work with children often struggling to cope with a wide range of issues such as relationship difficulties, parental separation, bullying, bereavement, domestic violence and low self-esteem. Our service is as accessible, inclusive and non-stigmatising as possible.

Each child is offered one-to-one sessions that enable them to use the imaginary world of play to release pent-up emotions, clarify how they see their situation and move on with new coping skills.

What are the benefits of our service?

- Increased confidence/self-esteem
- Belief that a child can take responsibility for their own actions even when living in challenging circumstances
- Emotional resilience/understanding that they can cope with adversity
- Able to reflect on situations rather than reacting inappropriately
- Helps children to engage in education, meaning better training/employment prospects as young people
- Develops positive relationships
- Bridges the gap between home and school life

What Our Service Users Say

"There is nothing else in our area that can deal with the rising emotional and wellbeing issues raised by children."

"I was happier at home afterwards."

"He has matured socially because of these sessions and is emotionally more stable."

"Support came at a time when as a family they most needed it."

"It was easier to take things out of my head which I couldn't understand. Everything was not bottled up."

"It gives children time out of school life to talk about things they may be worrying about. We as teachers don't have that time."

Our Positive Impact

In 2018-2019 Think Children supported **321** new children, delivering **3,942** one-to-one sessions in **47** schools. A further **31** blocks of extra sessions were delivered to the most vulnerable children, making a total of **352** blocks of **12**.

An attendance rate of 95% shows the regard the children have for the service. **155** lunch-time drop-ins were delivered across **8** primary schools providing the opportunity for children to pop in and talk through issues of immediate concern either alone or as a group of friends.

Statistics show that the majority of children continue to show improvement three months after the sessions have ended, demonstrating that these are fundamental, long-lasting changes that can help a child reach their full potential.

For more information on our service, please call 01636 676887 or email think.children@tiscali.co.uk.

To make a referral please contact the child's primary school or please call Think Children's Quality Assurance Manager, Chris Maxwell, on 07773 930603.