

For further information, please contact:

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WELLBEING PRACTITIONER TEAM

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Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SC038092.

Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

Participation

Young people and their families will be included in meetings and reviews about the progress they are making, and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

They will be encouraged to aid in the shaping and developing of the service.

Comments / Complaints

If you have any problems or concerns about the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



Eilean Siar High School Wellbeing Service



Who We Are...

Action for Children work in partnership with secondary schools across the Outer Hebrides; Sgoil Lionacleit, Sir E Scott, the Nicolson Institute and Castlebay Community School, to provide early intervention and prevention support to pupils experiencing mild mental health and wellbeing related issues.

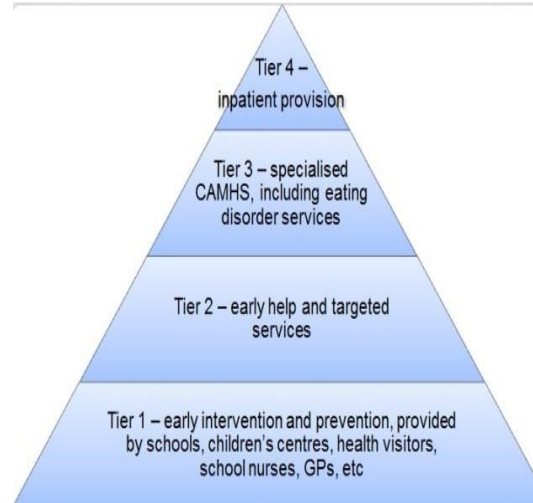
What We Do...

- We provide support to improve mental health and emotional wellbeing of young people through 1-2-1 support.
- We will provide support that is led by the needs of the young people we are working with.
- Support in 1-2-1 session will be working towards a specific goal, these can relate to: Self-confidence, dealing with conflict with friends, dealing with change, identifying emotions, self-care, understanding boundaries, of selves and others, developing an emotional toolbox, being able to make decisions and building emotional resilience.

- We also provide and implement evidence-based, early intervention programs, such as Cognitive Decider Skills on a 1-2-1 basis.

Who We Help...

Our early intervention service works across Lewis, Harris, Uist and Barra with young people throughout their time in Secondary School. The Wellbeing Service aims to reach pupils needing Tier 1 and part of Tier 2 support.



Referrals...

Referrals can be made through self-referral by the young person, by school staff, through CAMHS or a family member. The young people can stop using the service at any time. Those referring should have a timeline in mind. This referral criteria are subject to change as the young people's needs change over time. This referral criteria aims to ensure young people are receiving the right support from the right services. The services aim to address tier 1 and parts of tier 2 of the tiered services triangles. If you have any questions regarding the referral criteria, please get in touch with the Wellbeing Practitioner.

The Team

If you would like more information or have any suggestions, please contact Wellbeing Practitioners Anne MacLeod or Donna MacDonald who are primarily based in Sir E Scott on Monday and the Nicolson Institute Tuesday to Friday. You are welcome to see them in any of the drop-in sessions. Katie is based in Barra and works Wed-Thurs and occasional Tuesdays. Mhairi is in Sgoil Lionacleit Mon-Thurs.