

Summer Update Southwold Primary School

April 2025 – July 2025



The Team

Therapy Team Manager	Adi Hollander
Complex Case Therapist	Kate Bowes
Complex Case Therapist	Sema Bilen-Alonso
Trainee Therapist	Radhika Rajbans
Trainee Therapist	Rebecca Lyndon-Stanford
Trainee Therapist	Zahra Gheysari

“

Talking about my feelings helps me feel less angry.
Year 3, Check In

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Therapy has really helped my child to feel more confident in themselves.
Parent, Year 6, 1:1 Therapy

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Breakdown by Numbers

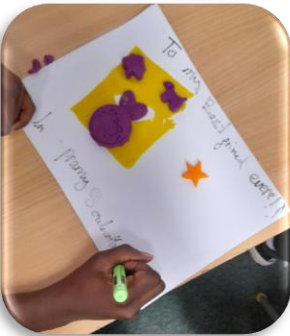
17	Children seen in 1:1 therapy	8	Children seen for Regular Check-ins
163	Therapy sessions offered	63	Check in sessions
137	Therapy sessions attended	3	Parents attended UP lifting families
6	Children seen for 6xTT	44	Parent Meetings attended
129	Children seen for Speak Ups	11	Teacher Meetings attended
6	Children seen in Wellbeing Groups	7	Professional Meetings attended by the UP

Summer Term

It has been another busy summer term at Southwold. The UP Therapy Team has continued to support children across the school through a range of therapeutic interventions, which have been embraced by the whole school community. There have also been some changes within the UP Therapy Team, as we say farewell to Complex Case Therapist Sema Bilen-Alonso. Sema has been a valued member of the team at Southwold for many years and will be greatly missed. We also said goodbye to trainee therapist Rebecca Lyndon-Stanford, who completed her placement at Southwold this year. Happily, Kate Bowes, UP Complex Case Therapist, will continue her fantastic work at Southwold in September, alongside our wonderful trainee therapists Zahra Gheysari and Radhika Rajbans, who we are pleased to say will be continuing with UP in the autumn term.

6 x Talk Time

Children from Reception to Y6 have been accessing 6xTT sessions this term. These weekly one to one sessions are designed to support children with a range of social, emotional and mental health needs, ranging from emotional regulation to self-esteem, anxiety and social skills. The Therapy Team Manager works in a child-centered way to support children to find strategies which might help them through a wide a range of play, sensory and creative activities which are tailored to support the individual needs and interests of each child. For instance, games, painting, origami as well as more sensory activities such as clay and playdough. These types of fun and creative activities support feelings of calm and focus, improve self esteem as well as support emotional regulation.



Wellbeing Friendship Groups

This term the Therapy Team Manager worked closely with the Senior Leadership Team to identify children in KS2 that might benefit from taking part in Wellbeing Friendship Groups. These small groups focused on social interaction, turn taking and listening to one another. The children engaged with games, creative and imaginative activities to nurture existing friendships and foster new ones. The children expressed that they looked forward to their sessions and enjoyed being part of the groups, even when navigating areas of social interaction that they found challenging. At the end, the children felt more confident in navigating relationships and own social skills.

Check Ins and Speak Ups

Check Ins and Speak Ups have continued to be well used this term. Children have shared that they value having this space and time in which to reflect on their emotions and to share and explore their feelings and worries with a trusted adult.

Through creative activities, play and conversation the children were able to make connections and take time to reflect on their feelings and reactions. Children have reported that sharing their feelings in this way is helpful and makes their emotions more manageable.

