

JLTS: NEW TERM, NEW SERVICES!

HAPPY NEW TERM!

Welcome to issue 1 of our Newsletter! We hope you had a pleasant and restful summer break... While you've been away, JLTS has been putting together a whole new range of services and resources for you, your students and their families.

THERAPEUTIC STORIES

Therapeutic Stories are a great way to safely introduce the concept of difficult emotions or experiences to children.

The events of a therapeutic story subtly reflect events or characters from every-day life so a young person can digest in their own time and find comparisons between themselves and the theme of the story. This allows a narrative to be opened with your young person which may have overwhelmed them otherwise.

Therapeutic Stories should be read to, or with, your young person so that emotions can be identified by them with a trusted adult. With the help of a story, you can help your young person to make sense of their emotions or experience to help them build the skills they need to cope now, or for the future.



JLTS has published four therapeutic stories:

- **The World's Hairiest Fairy** – a story about kindness and acceptance
- **It's OK Little Fishy** – a story about mental health
- **Dexter's Birthday** – A story about overcoming worries.
- **Sometimes I Feel...** - A book stuffed full of fabulous feeling words!

All our therapeutic stories can be found on Amazon:

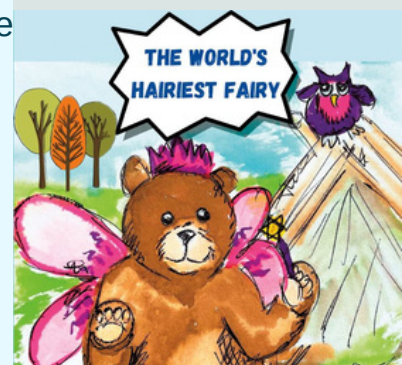
[Amazon.co.uk: Jess Lovibond: books, biography, latest update](https://www.amazon.co.uk?ref=astore&pf_rd_p=8b1b1b1b-1b1b-1b1b-1b1b-1b1b1b1b1b1b)

This issue:

- 1 THERAPEUTIC STORIES
- 2 STORY SACKS
- 3 OTHER SERVICES

"I have used this book to great effect to support children in school with "big feelings". The guidance in the back is so helpful and easy to use. I could not recommend it more highly."

(Headteacher review of The World's Hairiest Fairy)



STORY SACK RESOURCES

We've been busy creating a one-stop resource designed to support your students' emotional intelligence and build their wellbeing and resilience.

What's it for?

Story Sacks are a great way to make story time immersive. Combine this with a bespoke set of therapeutic resources and a lesson plan for the adults, and voila! A complete resource package for PHSE lessons around emotional intelligence / wellbeing.

Who's it for?

Infant & Primary Schools

How does it help?

Our Story Sacks are specially designed to make it easy for adults to engage with children around their emotional health and wellbeing. The stories are a great stand-alone resource for self or co-regulation, and the Story Sacks are designed to be used with a group or whole class.

What's in the box?

- A therapeutic story of your choice
- A selection of toys relevant to the story
- A copy of Sometimes I Feel...
- A selection of bespoke therapeutic resources designed to support the development of self and co-regulation
- A lesson plan and guidance for the adults

How do I get one?

Easy Peasy!

Contact us via our website:

www.jltsfamilyservices.org.uk

Choose from:



The World's Hairiest Fairy



Dexter's Birthday



It's OK Little Fishy

OTHER SERVICES

Domestic Abuse support & recovery

We're experts in supporting families and individuals to recover from Domestic Abuse. We work with people of any age, gender, ethnicity or sexuality.

Cost: From £600.00 for 12 sessions of 1:1 Freedom Programme

Domestic Abuse Workshop for professionals

Designed to be delivered in a twilight session, our Domestic Abuse Awareness Workshop is specifically designed to support staff who work directly with families to identify signs of domestic abuse quickly and easily. It also provides useful information on services and resources available to victims / survivors and is delivered in-person.

Cost: £200.00 (Swale & Medway only)

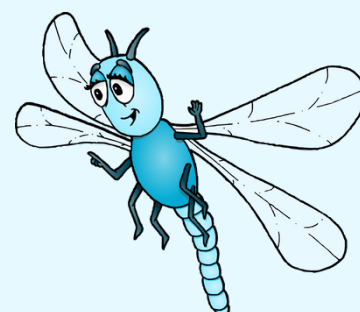
The JLTS Model (Bespoke Holistic Assessment Service)

Our bespoke therapeutic service is ideal for supporting children / families who would otherwise be deemed 'hard to reach'. We work with children / families for whom the usual interventions have not been successful, or who do not meet criteria for statutory services such as CAMHS / Social Services.

We are a trauma-informed and child-centred systemic family therapy service.

Our two-term package includes:

- Holistic assessment of the children / young people and family
- Individual therapeutic plan for the children / young people
- Practice guidance for in-school adults
- Weekly 1:1 with children / young people and parent(s)
- 2 terms of in-house support, one day per week, delivering direct work with the young person and in- school adults
- Organic feedback loop for constant evaluation and improvement
- Evaluation process



Cost: From £1500.00 per family for 12-week service

JLTS Workshops

JLTS offers three stand-alone workshops for professionals and parents to improve their relationships with their young people. All are available via Udemy:

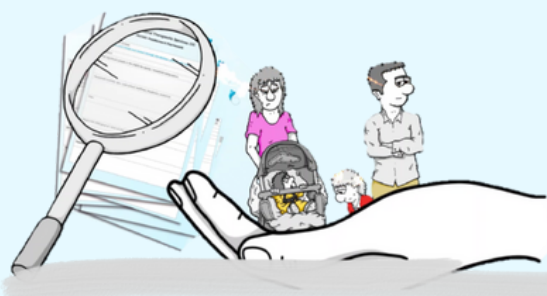
Trauma Aware Practice

A whistle-stop tour of good practice guidance for working with children / young people who have suffered trauma.



Holistic Assessment & the benefits of Supervision

An introduction to our Holistic Assessment process and how we can support your setting through Supervision.



Behaviour as Communication

An introduction to child-centred practice and how it benefits the families you work with.



You can find out more about what we do, make a referral, or get in touch for a chat about any of our services:



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