

# Just Psychology

External Newsletter Nov 2024



Promoting cultural diversity, social justice & mental wellbeing

## Staffing Updates

### WELCOME TO OUR NEW PLACEMENT STUDENT – Mahim Choudary



We are excited to welcome Mahim as the Honorary Assistant Psychology Placement Student at Just Psychology. Mahim is currently studying Psychology at the University of Manchester and is thoroughly enjoying the course. Through this placement, she hopes to gain practical experience in the field of mental health, particularly working with children and families in group settings. Mahim is also eager to develop skills in report writing and data collection. Outside of Psychology, Mahim enjoys going to the cinema, staying active in the gym, and reading thriller novels. We look forward to seeing the contributions Mahim will bring to the team!

### GOODBYE AND GOOD LUCK – YOSRA

The Team said thank you and goodbye to our Assistant Psychologist Yosra Ahmed on 23<sup>rd</sup> October 2024. Yosra's main role was within the FRAPP Team delivering the Family Reunion Groups and Parenting Groups. Her calming presence and positivity will be missed by the Team and Service Users, and we wish her the very best for all her future endeavours.



## Training update

We are thrilled to share that Iyabo Fatimilehin and Hasan Waheed have just delivered a full training day on *Cultural Competence and Cultural Humility* to the Greater Manchester Mental Health Trust, with two more anticipated sessions lined up for January 2025! Looking ahead, Aneela Pilkington and Sana Gill are set to lead a full-day training on *Parenting Across Cultures* for Cheshire and Mersey Specialist Perinatal and Maternal Mental Health Services. Finally, Iyabo and Hasan will begin an exciting year-long consultation with Stockport PIMHS, bringing their expertise in mental health and cultural competency to support families in Stockport. We are proud of the team's commitment to empowering communities through training and consultation. Stay tuned for more updates as we continue to make an impact!



## JUST PSYCHOLOGY OFFICE MOVE – WE HAVE MOVED OFFICES TO:

On 18<sup>th</sup> November 2024 the Just Psychology team moved offices to their new premises at:

**Office 13, Warren Bruce Court, Warren Bruce Road,  
Trafford Park, Manchester, M17 1LB**



## QUARTERLY TEAM MEETING

Our Quarterly Team event took place on 23<sup>rd</sup> October. The team also shared what they enjoyed most about their work over the past year! It was clear that what is treasured highly by the team is the relationships and support from the team and the feedback from the families, highlighting how they have been helped by our services. Some of the comments from the team include:-

*“Comradery of the team is lovely to see, all working together”*

*“Trafford Sunrise ability to come together and work through a challenging year”*

*“The team and their endless compassion and commitment”*

*“Always reflecting after groups and seeing the difference that they make to the family’s lives”*

*“Learning about the Tree of Life has been fab. Seeing how effective it is for families has been such an honour!”*

### Celebratory Highlights from the Past Year (up to October):-

- ✳ **FRAPP (Family Reunion and Parenting Groups – supported around 117 parents through either Parenting Groups, Family Reunion Groups or their Parenting Workshops!**
- ✳ **Trafford Sunrise – have supported 326 families through either Early Support Groups, Work Together Groups and individual work. 109 parents also participated in Parent Workshops.**
- ✳ **Training Sessions on Cultural Competence/Humility have been delivered to 108 participants**
- ✳ **The Bereavement Project – 12 Cultural Consultants, from Chinese and Arabic Speaking communities recruited and trained!**



## LOCAL / SEASONAL EVENTS

What: World AIDS Day



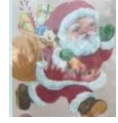
When: 1<sup>st</sup> December 2024, 6pm

Where : Sackville Gardens, Sackville Street, Manchester, M1 3WA

The PaSH annual World Aid's Day vigil to remember people lost and show solidarity. Represented through speaking, artistic performances and shared experiences.

[World Aids Day 2024 | George House Trust](#)

What : [Christmas in the Park](#)



When : 30<sup>th</sup> November 12pm-3pm

Where: Victoria Park

\*Celebrate Christmas in Victoria Park with Christmas crafts for the kids, tombola, games, Stretford Band, mulled wine and mince pies.

What : [Winter Fundraiser](#)

When : 30<sup>th</sup> November 11am-2pm

Where: Davyhulme Park

\*A photo opportunity with Santa, a craft table for the kids, tombola and cake stall.

