

# Just Psychology

Spring Newsletter 2025



Promoting cultural diversity, social justice & mental wellbeing

## Family Reunion and Parenting Project – New Opportunities!

We are excited to announce that we have received continuation funding for FRAPP from the National Lottery Community Fund!!! The project has engaged with 224 families over the past four years, and provided a range of support including Family Reunion Groups, Parenting Courses, Parent Workshops and Peer Mentoring. We are looking forward to continuing to provide this valuable service in partnership with Rainbow Haven, and in collaboration with British Red Cross and Greater Manchester Immigration Aid Unit.

The project will restart with the **recruitment of a new Project Lead/Practitioner Psychologist** and if you are interested in applying for the role, please see further information at [Join Us! | Just Psychology](#)

## Come To Our Next Training Workshop

We are stronger together when we take time to understand one another and our differences 💜

Cultural competency and humility training helps healthcare workers improve communication, enhance understanding and increase access to care—all leading to better outcomes and experiences.

By recognising and respecting diverse cultural perspectives, we can build trust, reduce disparities and deliver truly person-centred care.

Let's create a system where everyone feels heard and valued!

Join us for a transformative workshop on culturally competent and humility therapy—because understanding begins with reflection.

✉ For enquiries: Contact Dr Hasan Waheed at Just Psychology – [training@justpsychology.co.uk](mailto:training@justpsychology.co.uk)

🎟 To book your place: [👉 Culturally Competent Therapy Tickets, Thu 15 May 2025 at 09:30 | Eventbrite](#)



## The Sun Has Set On Trafford Sunrise

It is with great sadness that we announce that our Trafford Sunrise service closed at the end of March. We have been delivering this service to children and families in Trafford since 2017 and developed strong collaborative relationships with all stakeholders including children, parents/carers, professionals in other services, and Trafford's commissioning team. We worked with over 2,400 children and families over the 8 years with 65-78% reporting improvements in their wellbeing.

We delivered innovative and systemic approaches to ensure that the emotional and psychological needs of children were addressed effectively and sustainably. The impact of the service has been recognised by children (*"They really helped me to be less nervous and worried and it helped me to build up my confidence. [I would change] Nothing it is perfect as it is in my own opinion"*), parents (*"Very helpful, really helped me understand my daughter more as she was able to express herself. Thank you for providing such an open and honest space for me and my child"*) and practitioners in Trafford's schools (*"Trafford Sunrise has been an invaluable service for families navigating the challenges of mental health and wellbeing. In a world where the adage "it takes a village to raise a child" no longer applies, Trafford Sunrise has stepped in to fill that gap, offering the kind of support and guidance that many families sorely need within our community"*).

We take this opportunity to thank the Trafford Sunrise team (including Mental Health practitioners, Psychological Practitioners, Assistant Psychologists, and undergraduate placement students) who have developed and provided the service over the years. We particularly want to express our gratitude to those who have shown dedication and commitment to the needs of the children and parents in Trafford over the past year, despite the uncertain and turbulent context of commissioning. These include: Hasan Waheed (Principal Clinical Psychologist/Training Lead), Hollie English (Assistant Psychologist), Jawahir Mohamed (Mental Health Practitioner), Jessica Berry (Assistant Psychologist), Laurie Beach (Service Coordinator), Sophie Froggatt (Data & Office Manager) as well as our trainees, placement students, and associate therapists.

### Staffing Changes

Unfortunately, the end of Trafford Sunrise and the gap in funding for the Family Reunion & Parenting Project meant that a number of staff left at the beginning of this year including:

Jawahir Mohamed, Lindie Dube, Hollie English, Jessica Berry, Fateha Begum, Vicky Richardson

We would like to take this opportunity to thank them for their contribution to Just Psychology's work and to wish them all the best in their future endeavours!

### Local Events

What: Chila Welcomes You Exhibition

When: 30/01/2025 until 31/08/2025

Where: Imperial War Museum, Salford Quays

About: The exhibition is a personal perspective on the heritage of conflict and stories of Indian migration to Britain after the Second World War.

[Chila Welcomes You | Imperial War Museums](#)

What: African Objects: Psychoactives, Spirituality & Mental Health

When: 19/04/2025 until 17/05/2025

Where: Manchester Museum

About: Portraits of Recovery invites people from Black and African- Caribbean communities to participate in a unique artistic collaboration. Participation is open to those with lived experience of mental health and/or in recovery from substance use.

[African Objects: Psychoactives, Spirituality and Mental Health Tickets, Sat, Apr 19, 2025 at 12:00 PM | Eventbrite](#)