



NEWSLETTER

JANUARY 2021

During unusual times, Just Psychology has been operating to offer support to people who have felt the impact of the pandemic particularly hard.

In this edition, we share our latest service news and team updates, as well as events taking place in the Greater Manchester area.

We wish to thank our partner organisations, colleagues and the families we work with for their continued strength and collaboration during this time.

- **Iyabo Fatimilehin, Director and Clinical Consultant Psychologist**

PSYCHOLOGICAL SUPPORT DURING COVID-19

Adapting our services in times of crisis

In response to the coronavirus crisis, we developed and delivered psychological support online so that the families in Trafford could access support in the midst of uncertainty.

We have offered six Working Together groups for children and young people aged between 5-7 years of age, 8-10 years of age and 11-12 years of age to join alongside their parents. Parents also attended Zoom 'drop-in' workshops on anxiety, behavioural difficulties, online wellbeing and managing change.

We have also continued to provide psychological support, in a culturally competent manner, for families engaged in therapy that is individualised to their needs. We developed collaborative psychological understandings with professionals and the families they support to enable them to get through the challenges they face in the current crisis.

We strongly value empowering families to recognise their strengths and advocate for their needs in challenging times.

We also increased the amount of online staff meetings, in order to stay connected and ensure staff wellbeing wasn't diminished as a result of working from home.



BLACK LIVES MATTER

Focussing on the principles of equality and social justice

We believe that a person's culture has a profound impact on their development and the way they cope with situations they encounter in their lives.

The Black Lives Matter protests in 2020 highlighted that there is still more to be done if services are to genuinely focus on the principles of equality and justice. As part of the team's continual reflective learning, we read Ethnicity, Race, & Inequality in the UK (2020).

Below are some of the key points that are pertinent to services working with BME children, adults and families:



Understanding the political landscape in the UK

Politics informs the socio-economic context within which we all live: where we live, what our schools are like, whether an area has adequate services. Although there are valuable conversations advocating for change in the political arena (and it is positive to see more candidates of minority origins), it is clear that candidates of minority origin endure substantial barriers to participation in politics. In particular, there is a significant underrepresentation of people of Chinese origin and from black Caribbean backgrounds in politics. Brexit is predicted to negatively influence the participation of those from a minority background in politics.

Activism and self-care

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare" – Audre Lorde

Publications like gal-dem are offering guidance on how to be involved in activism for change and how to take care of yourself in the process. Although the tips below are for those in the media, it offers good tips for everyone who feels affected by the events covered by the media: <https://gal-dem.com/what-does-self-care-look-like-when-youre-black-in-the-media-and-cant-switch-off/>

Additional tips to consider from Vice can be accessed at this link:

<https://www.vice.com/en/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week>

Citizen's rights and immigration

Policies have rested on targets for net migration since 2010 and the creation of a compliant or unwelcoming environment for migrants. Policies since 1984 have been driven by a restriction of citizenship rights and rights of abode which have often been highly racialised. These policies have been made in response to the movements of racialised groups perceived as culturally different.

The UK youth justice system

The ethnic make-up is shifting, with fewer white children and more ethnic minority children in incarceration. According to figures from 2018, children from a black background accounted for a quarter of the youth custody population but only formed 4.6% of the total school-age population.

NEWS & EVENTS

**MANCHESTER BOOK GIFTING CAMPAIGN***DONATIONS ARE NEARING TARGET*

Read Manchester and Manchester Libraries are running a Book Gifting Campaign via Just Giving. It has so far raised almost £3,500 which will be spent on books for vulnerable families across the city. The target is £5,000 and donations can still be made via Just Giving.

GMCVO VCSE ASSEMBLY: CHILDREN & YOUNG PEOPLE SCHOOL READINESS

February 11, 2021, 10am to 12pm, Online, gmcvo.org.uk

Families with young children have experienced much of the fallout of the effects of the pandemic. This Children & Families-focussed assembly will focus on the impact on children, how the VCSE sector has provided support and what is needed to ensure children aren't left behind when it comes to 'building back better' from Covid.

CORONAVIRUS AND EMOTIONAL WELLBEING*A GUIDE FOR PARENTS*

The team at Just Psychology has produced a leaflet to help parents deal with their children's emotional wellbeing during the coronavirus pandemic. Advice is for helping children aged 5-12 to cope with anxiety and deal with their feelings when routines are far from the norm. The leaflet is available on our website.

Amor joined our team as a Monitoring and Evaluation administrator. She studied Psychology for four years in her home country of Spain, and also has Masters Degrees in Educational Psychology and in Methodology in Behaviour and Health Sciences. She previously worked as a research assistant at the University of Valencia.



Jessie is an under-graduate Psychology student of the University of Reading who joined our team for her placement year. She is looking forward to helping with the Trafford Sunrise Working Together Groups, and developing her cultural awareness. Previously, Jessie has volunteered as a class assistant and worked as a Research Technician for the Intolerance of Uncertainty Lab at university. She also did a placement with Guernsey's Reparative Care Team.



Anvita is an Honorary Assistant Psychologist for Just Psychology. She is an international student from India with a degree in Cognitive Neuroscience and Psychology. She is half-way through her postgrad degree in Clinical & Health Psychology at The University of Manchester. Anvita wants to support young people with challenging behaviours and other mental health difficulties.



Yosra is an Honorary Assistant Psychologist at Just Psychology, and a BSc Psychology graduate. She is currently undertaking her MSc in Psychological Wellbeing in Clinical Practice at the Manchester Metropolitan University. Yosra is a BAME Ambassador at MMU, passionate about empowering and uplifting BAME students to reach their full potential. She is particularly determined to help increase access to mental health services for BAME children and her goal is to become a Clinical Psychologist.



OUR SERVICES

TRAINING AND CULTURAL CONSULTANCY

We train professionals to develop their awareness, skills and confidence in working with BME communities.



FAMILY GROUP CONFERENCES

We co-ordinate Family Group Conferences for Trafford and Manchester.



EXPERT WITNESS WORK

We deliver expert witness reports in family & private law, immigration, and personal injury cases in relation to children and families.



THERAPY AND COUNSELLING

We provide direct therapeutic interventions, including tailored assessment and therapy with children, parents and families.



COMMUNITY WORK

We design and provide early intervention and prevention services at a community level.



TRAFFORD SUNRISE

We provide support for children and parents in Trafford in coping with stress and promoting emotional wellbeing.



Just Psychology CIC is a not-for profit social enterprise. We are a multidisciplinary group of professionals providing services to address the psychological and mental health needs of children, adults and families, with particular emphasis on cultural diversity, cultural competence and social justice.



@Just_Psychology



Just Psychology CIC

Stay in touch



GMCVO VCSE ASSEMBLY CHILDREN AND FAMILIES

11th February, 2021 10:00 - 11:30 AM

We know that families with pre-school and school aged children have experienced much of the fallout of the effects on the coronavirus pandemic.

This Children & Families-focussed assembly will focus on the impact of the pandemic on children, how the VCSE sector has provided support and what is needed to ensure that children aren't left behind when it comes to 'building back better' from the crisis.

This event will bring together VCSE organisations to learn, share and discuss:

- The inequality of the impact of the pandemic on families and how the VCSE has stepped up to provide support
- How does the VCSE sector contribute to the Greater Manchester Children's Plan due for review in 2022, and other Greater Manchester level policy?
- For those facing the starkest inequalities - how has the pandemic affected their chances to be ready to learn when they start school?
- How the VCSE sector is dealing with the surge in demand for mental health support arising from the pandemic
- Perinatal and parent/infant mental health in lockdown

Register online:

<https://www.gmcvo.org.uk/events>