

LOCATION

INTRODUCING...

Face-to-face sessions will take place in a small private room within the TPF office at:



Trafford Parents Forum

Ground Floor, Oakland House, Talbot Road,
Old Trafford, M16 0PQ

Park for free nearby at Tesco Extra Stretford for up to 3 hours on non-match days or on Warwick Road at a cost of £1.50 for up to 2 hours. Only disabled parking for blue badge holders is available in the on-site carpark, which can be accessed via Oakland Road.

Supported by



PSYCHOTHERAPY

WELLBEING
BY TPF



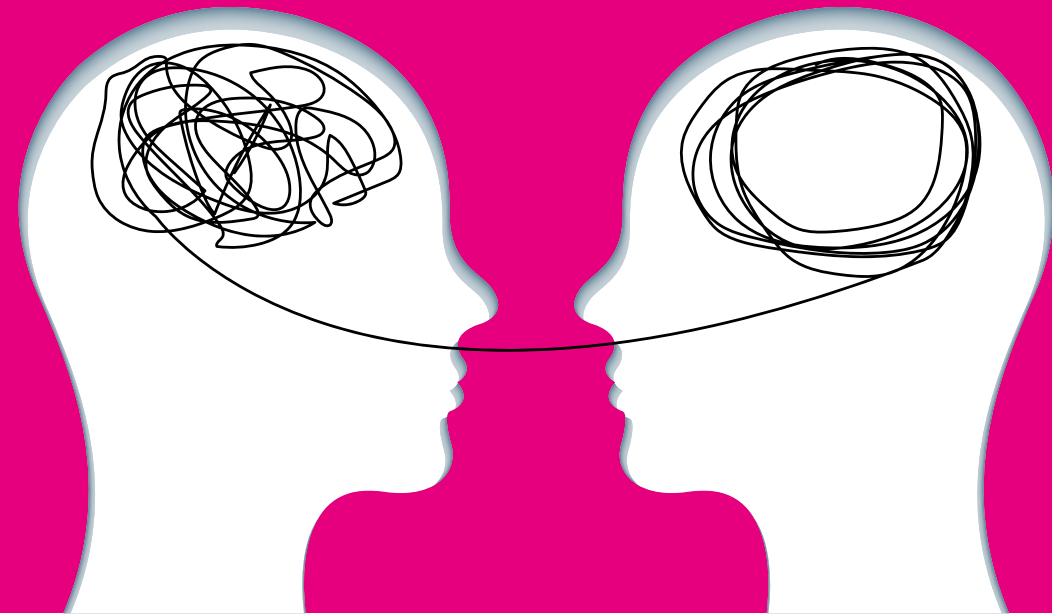
NEXT STEPS...

Complete the Expression of Interest with our STEP Coordinators or THT Mental Health Lead, check you can meet the checklist criteria and give us permission to contact you.

Our team will then be in touch to book you in for a telephone consultation with our Psychotherapist. Together you can decide together if the 24-week program is right for you and register for the service.



DELIVERED BY TRAFFORD PARENTS FORUM



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Get in touch...



07506 067127



wellbeingbytpf@traffordparentsforum.com

www.traffordparentsforum.com

We know that the last 2 years have been challenging for Parent Carers, and we want to help support you to recover. Over the next 2 years we will offering 48 Parent Carers, the opportunity to have up to 26 sessions of individual psychotherapy sessions. Each session lasts an hour and will be tailored to your needs.

Private Psychotherapy sessions usually cost between £50-60 per hour. TPF Psychotherapy is a low-cost service designed to be accessible and affordable to you. There will be no charge for the first 4-weeks whilst you decide if the program is right for you. After this, we will ask for a small contribution of £5 per session, if affordable, to help support the project.

WHAT IS PSYCHOTHERAPY?

Psychotherapy is a type of talking therapy most suitable for people whose problems are more long standing in nature and usually involves more sessions than counselling or CBT. For more information see our Psychotherapy Q&A booklet.

HOW CAN I GET INVOLVED?

This is a small-scale project and places are currently limited, but we hope to expand in the future. We have asked our STEP Coordinators and partners at Trafford Housing Trust to invite a small number of Parent Carers from families of children and young people with additional needs [that they actively support] to take part. If you have been invited to apply, please fill out an Expression of Interest Referral Checklist with our STEP Coordinators or through Trafford Housing Trust and check that you are suitable for a place, and we will contact you for a free consultation appointment

WHEN WILL IT START?

We have places for 2 groups of 12 parents work with us each year. Our first group will begin therapy with us in June and sessions will run from June to November 2022. Our second group will start from in December 2022 and sessions will run until May/June 2022. Sessions will continue during school holidays. We have a number of options available to help support with this.

WHEN WILL SESSIONS TAKE PLACE?

Mondays (online only):	4.30pm - 8.30pm	Wednesdays:	10am - 8.30pm
Tuesdays:	10am - 5.30pm	Thursdays:	11am - 7pm

We have partnered with a local Psychotherapist with over 10 years experience supporting Parent Carers to design and deliver this program.

We are committed to offering you a Psychotherapy program that is as, flexible and accessible as possible and fits around you and your caring responsibilities.

MIX & MATCH AND DESIGN YOUR PROGRAM

Have more choice and control over the design your therapy program. We offer sessions face-to-face, via zoom and telephone. Choose one method or mix and match with a combination that best suits you, your family and your caring responsibilities.

MAKE CHANGES INSTEAD OF HAVING TO CANCEL

We help you make reasonable adjustments where possible to the days and times of your therapy sessions, to help you continue with your program and not have to cancel sessions. We will offer a greater range of days and times to access sessions during periods like school holidays when we know your schedule may change.

GET HELP WITH THE COST OF TAKING PART...

There is some support available to help Parent Carer's who are currently not working, from families with a very low income, to participate in the project. We have a small of tablet computers available for you to loan for online therapy, if you don't have one. You can also claim back money towards travel costs for attending face to face sessions.

