

# CITY & HACKNEY CAMHS NEWSLETTER

**MARCH/  
APRIL 2023**



## Exciting Mural Project Kicks Off!

Young people who use CAMHS joined artist FANDANGOE KID for an art-making workshop about what makes you feel welcome and safe. The young artists drew around their shoes and used paint and collage to instinctively explore their ideas about what it is like to walk in their shoes.



The ideas, shapes, colours and feelings explored in the workshop will be used by the artist to create a design for the

waiting room at Homerton Row, and later on at the John Scott Health Centre. The mural aim to is to create a space inspired by the children, young people and families who use it, which feels welcoming and shows everyone that it is okay to be you.

**About the artist:** The Fandango Kid is a London based print artist who makes large scale narrative driven pieces for the public realm. Her work seeks to smash taboos around complex subjects matters such as loss, trauma release, mental health and gender constructs.

Much of the artist's work is driven by navigating her own story, following the loss of many individuals in her family back in 2011, her practice being largely underpinned by the will to create a platform for open dialogue around the still taboo subject of grief.

She has worked with young people in Hackney and inner-city London for over a decade, her remit being to encourage young people from all backgrounds to know themselves better through their creative practice.



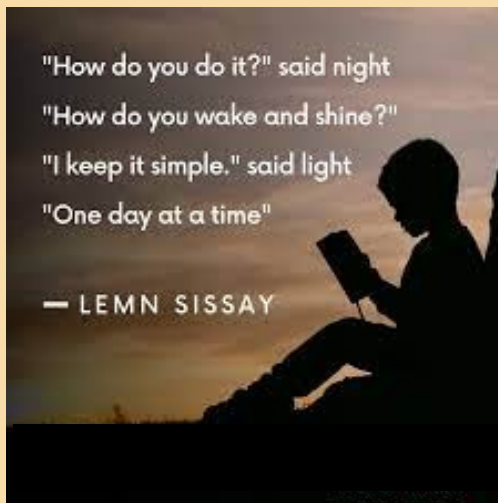
**Look out for the  
mural in early April!**







# RESOURCES FOR RESPONDING TO TRAUMA



Following the widespread impact of the devastating earthquakes in Southern Turkey and Northern Syria, a document has been created to support colleagues and parents/carers in promoting resilience. The document combines ideas and offerings from First Steps, Community CAMHS, Specialist CAMHS ELFT and the Educational Psychology Service in Hackney.

We hope to get the advice for parents and carers translated to Arabic and Turkish.

**If you would like a copy of this document please email [elft.ppgchcamhs@nhs.net](mailto:elft.ppgchcamhs@nhs.net)**

It includes advice and understanding about trauma and how to best cope with traumatic events, tips for supporting your child, links to useful leaflets and guides and advice for teachers and school leaders.

## What is Trauma?

Trauma (Cook-Cottone, 2004)

- Trauma is the experience of situations that are perceived as life threatening or risk serious physical or psychological harm.
- Simple Trauma is the experience of a single discrete threat.
- Complex Trauma is the experience of chronically repeating threats.

Community Trauma (Hobfoll et al, 2007)

Community trauma is the shared experience of a traumatic event across a community. In the literature these have often involved natural disasters (hurricanes, tsunamis, floods etc) and human disasters (wars, school shootings, fires, nuclear accidents).



**Staff at Specialist CAMHS gathered resources which were sent to London Cargo Express who are sending a truck to Turkey every Wednesday**



## Local organisations supporting the victims of the Earthquake in Turkey and Syria

London Express Cargo.

- Items being accepted: dry foods (lentils, rice, granola), baby food, diapers, and sanitary products.
- Address N15 4QN
- Contact number: 07581206639
- Instagram @londonexprescargo

British Alevi Federation

- The British Alevi Federation aim to build a park in the city of Adiyaman with the money raised from fundraising
- Account name: London Alevi Cultural Centre and Cemevi
- Account number: 60570966
- Sort Code: 20-46-60
- Instagram @baf\_alevi & @aleviyouthuk & @bagf\_
- Address: Great Cambridge Rd, London N9 9LE
- Contact: 020 8245 8482

## Other Hackney and London-based resources:

**Hackney**

**Autism Acceptance Week 2023**

HOW CAN WE MAKE SURE OUR AUTISM PRACTICE IS CULTURALLY SENSITIVE AND MEANINGFUL?

**March 27** staff training  
Autism and Anxiety module  
9.30am-12.30pm at The Tomlinson Centre

**March 27** autism awareness for parents  
Making Sense of Autism module  
6-7.30pm online

**March 28** autism awareness for parents  
Making Sense of Autism module  
9.15-11am at The Tomlinson Centre

**March 28** staff training  
Autism and Exclusion module  
1-4pm at The Tomlinson Centre

**March 29** autism awareness for all  
Making Sense of Autism module  
9.30-11am online

**March 29** parent conversation  
We will be hosting a conversation with parents about autism and how it relates to their sense of cultural belonging. If you are interested in engaging in a conversation about your autism diagnosis and what this means in terms of your cultural identity, ask your SENCo to contact: jason.shonibare@hackney.gov.uk

**March 30** student workshops  
We are looking for Hackney students to be our local AET Young Autism Experts. If you are interested in engaging in a conversation about your autism diagnosis and what this means in terms of your cultural identity, ask your SENCo to contact: jason.shonibare@hackney.gov.uk

for more information email: lydia.scaletti@hackney.gov.uk

## Autism Acceptance Week

Check out the National Autistic Society if you would like to take part in fundraising for autism acceptance week 2023

[www.autism.org.uk](http://www.autism.org.uk)



Get ready. Get colourful. Get fundraising.

Whether you feel creative or want to keep it simple you can make a difference this World Autism Acceptance Week. The Spectrum Colour Challenge is going to be bright and all to the theme of colour! This is our virtual fundraising challenge so it's really easy to get involved, have fun and raise money.

We are on a mission to create a society that works for autistic people and every penny raised by you this World Autism Acceptance Week will help us to do this.

## The Princes 's Trust

Prince's Trust run free programmes to build your confidence and skills,  
<https://www.princes-trust.org.uk/>



TEAM - a 12 week personal development programme  
EXPLORE: A week of exciting and interesting activities to develop personal and key life skills  
DEVELOPMENT AWARDS: Funding to help with training or a new job





## Employee of the Month Award

City&Hackney's lovely receptionist Marian won the prize for January 2023

**Well done Marian!**

If you would like to nominate a member of staff who has given you excellent service please email [ppgchcamhs@nhs.net](mailto:ppgchcamhs@nhs.net) for a nomination form

Examples of reasons to nominate are: someone who makes me happy, listens to what I have to say, is thoughtful and kind, always willing to help, makes me feel at ease, helps reduce my anxiety, goes that extra mile to help, answers questions.

Get to know...

**Saran Kuttiyandisamy**

**Cinical Support Team - Referrals and Asessment Coordinator**

### What's your favourite food?

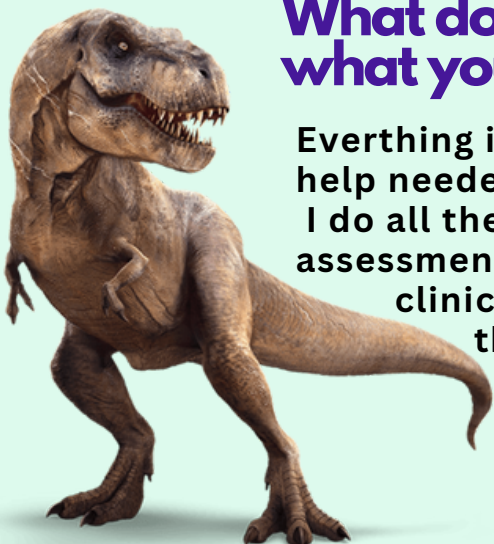
It's Duck Chow Mein, my local takeaway is called Chans and I've been going there religiously on a Friday night for 15 or 20 years! The duck chow mein is so delicious, it's never greasy and has an authentic flavour.

### What's your favourite film?

Easy! Jurassic Park, the original one. The CGI is so good, even to this day it's so realistic, they used a mix of practical effects and CGI. I love the actors, Jeff Goldblum and the late great Sir Richard Attenborough. I watched it countless times when I came home from Primary school, it's probably more than a 1000 times I've watched it! I like the franchise but they don't live up to the hype, nothing beats the original.

### What do you want people to know about what you do?

Everthing is connected in this workplace. There is always help needed and there's a good mentality to help each other. I do all the administrative processes for referrals and assessment and I try to bridge the gap between clinician and client so that everything works. Without the clinicians it doesn't work, without the young people it doesn't work and without admin it doesn't work. I'm looking to get some kind of harmony between these elements.





# New Weekend Appointments for the Neurodevelopmental pathway (NDT)

There continues to be an exponential rise in referrals to the NDT pathway for specialist assessments and interventions. In an attempt to manage the increased demand the NDT team have started a 3-month initiative to manage huge case numbers and long waits for both assessments and pharmacological interventions. We have recently started offering weekend appointments for the Autism Diagnosis Observation Schedule (ADOS) assessment and for medication reviews.

All those on the waiting list should now have had a phone call and a diary appointment arranged.

There are people who have waited 2 years and have now been seen in the clinic.

The faith of those on the waitlist was also requested so that our Haradi Jewish families who cannot attend on Saturdays (Sabbath) can be assigned weekday appointments with our new junior doctor.

## Upcoming Groups at Specialist CAMHS



Learn new ways to manage your emotions

Further understand your feelings

Meet new people

Develop your fitness

Learn boxing skills

JOIN OUR

# BOXING GROUP

12 WEEK PROGRAMME FOR 11-14 YEAR OLDS  
STARTING ON 17TH APRIL 2023  
MONDAYS 4-6PM  
BERGER PRIMARY SCHOOL

FOR MORE DETAILS SPEAK WITH YOUR CARE CO-ORDINATOR WITHIN CAMHS OR  
CALL CAMHS ON 0203 222 5600 & ASK TO SPEAK WITH LILY CRESSWELL

To refer for the boxing group please call 020 3222 5600 and ask for Lily Cresswell

## THE FLOW OF ART

COME TOGETHER EACH WEEK FOR  
SUPPORT, GROWTH AND MINDFUL  
CREATIVITY

### WHAT IS ART AND DANCE THERAPY?

Dance and art therapies allow you to express feelings that you may not find words to explain. You don't need any previous experience in art or dance to join. We will use art, movement, music, props, and games to express feelings and process thoughts.

### HOW CAN IT HELP?

- we use arts to create a safe, non-judgmental space
- be yourself and explore the things you need
- express yourself in different ways
- explore creative tools which help you feel good
- no need for talking if you don't want to
- make connections in a small, supportive group

### WHAT WILL IT BE LIKE?

The group will be led by Debbie and Gabby, trainee arts therapists. First, you'll have a chance to chat to one of us to see if it feels right for you.

The space will be available every Friday morning at 10am, at Homerton Row. This group will run for 12 weeks. You'll find a creative space where you can explore, observe, and relax.

EVERYTHING WILL  
BE PROVIDED  
INCLUDING ARTISTIC  
MATERIALS AND  
REFRESHMENTS

To refer please email  
deborah.mason9@nhs.net  
gabriele.lingyte@nhs.net

To refer for the Arts Therapies group  
email [deborah.mason9@nhs.net](mailto:deborah.mason9@nhs.net) or  
[gabriele.lingyte@nhs.net](mailto:gabriele.lingyte@nhs.net)

# Tribute to much loved therapist

**Colleagues and clients feel great sadness at the loss of Gwen Kirkwood who gave dedicated care to parents and their young children**



Gwen came to Hackney CAMHS from Newham in 2017 to take up a new post to develop parent infant psychotherapy. While Gwen had worked previously in CAMHS as a Child and Adolescent psychotherapist, her PIP training had inspired her and she sought to establish a sorely needed service in Hackney with this new post. Gwen carefully worked to build links in the community with health visitors and the perinatal service, listening, learning and offering her knowledge of the inter-personal developmental needs of babies and their carers. She was an exceptional clinician, providing a sensitively attuned approach to her clients and this quickly became recognised as the referrals grew. Her consultation to cases was highly respected and valued by many.

Dear Gwen, we will all remember your grace and warmth and will work to ensure your legacy as a psychoanalytic psychotherapist is continued and celebrated as with all the passion you would have expected.

Words by Hilary Dawson

**Staff raised money to form a bursary to be used for course materials for a student of Parent Infant Psychotherapy in remembrance of Gwen**



## Ade's Updates



The first Friday in March is Employee Appreciation day. Whilst I believe that every work day is a day to celebrate our staff, March is a month that allows us to stop and do just that. We want to use this opportunity to thank all our staff for their hard work and effort throughout the year in all the work they do with our children, young people, their families and within our community.

Look out for different activities, random rewards and appreciation notes from the service to say thank you to our staff. A big thank you to all the children and young people who are working with us to brighten up our environment. We look forward to the final reveal in the coming months. On Friday 10th March, we had a visit from the Children and Young People Scrutiny Commission from Hackney where we hosted Counsellor Sophie Conway and Counsellor Margaret Gordon. This meeting was part of a series of focus groups within CAMHS Alliance to learn more about the support provided for children and young people waiting to receive help and hear about the challenges faced by local services and how these might be resolved. We hope to share feedback and how these visit will improve CAMHS accessibility in the coming months.

**Kindness is the language which the deaf can hear and the blind can see.—Mark Twain**

Thank you, Ade, General manager