



We all need time in the week to pause and reflect. To catch our breath and to truly notice what's important.

Care to Share works on the principal that practitioners work best when they feel supported, are listened to and are offered opportunities to explore their feelings and experiences within a confidential space, with a practitioner they can trust. Employers signing up to this service also value and want this support for their staff.

They therefore agree to: -

- Provide opportunities for staff to attend Care to Share sessions
- Respect that what is explored within a Care to Share session is confidential between the therapist and the attendee
- Provide a confidential and comfortable space for sessions to take place

Who We Are

About Us

The Bungalow Partnership provides therapeutic and emotional wellbeing support to children, young people, families and practitioners across Tees Valley.

We are a multi-disciplinary team with a range of experience in therapy, counselling, education, social work.

Our work in schools across Middlesbrough, Redcar & Cleveland, Stokesley and Stockton involves both individual and group therapeutic work.

We provide training, support and supervision to practitioners within the children's workforce and offer consultancy to schools regarding the emotional wellbeing needs of their children within their care.

Find out more by visiting our website or contact us at:

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CARE TO SHARE

**SUPPORT AND
SUPERVISION FOR
PRACTITIONERS**



The Bungalow Partnership



"You have the most important job of anyone today. Our kids need you to advocate for their futures" – George Lucas

Care to Share – Supporting those who care for and support children, young people and families

Providing: -

- **Time** to reflect on your work and practice
- **Space** to explore the emotional impact of supporting others
- **Confidentiality** to discuss personal and professional matters
- **Support** to feel heard, understood and resilient within your workplace

How Care to Share works

The Bungalow Partnership's Care to Share Service aims to meet the staff support needs of schools, social care departments and childcare settings.

We do this in a range of ways including:

- **Individual sessions** for staff involved in pastoral care, safeguarding, LAC provision and SEN support. Sessions can be 30 mins -1 hour, dependent on need.
- **Drop-in sessions** wherein staff can pre-book a session on a designated afternoon or evening. Schools and services can request a drop-in provision from 2-5 hours and this can be delivered on a weekly, fortnightly, monthly or half termly basis. The amount of time available to staff will depend on demand and time. We would recommend staff have access to a 30 min session as a minimum.
- **Provision of Self Care days** for staff which would incorporate a range of self-care workshops, delivered on school PD days and/or over two to three twilight sessions.



It's Your Call...

What you discuss in Your Care to Share sessions is up to you. Common topics may include: -

- Impacts of the work you are doing with children, young people and families.
- Exploring new approaches and techniques to engage and support others.
- To identify the need behind the behaviours of children and young people in your care.
- Relationships with colleagues and management.
- Work related stressors.
- Career goals.
- Self-care.