The Service's evolving therapeutic/sensory garden area

For more information, please contact:

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Barnardo’s Child & Family Support Service Dundee

Information Leaflet
Who we are
Barnardo’s Child and Family Support Service Dundee works with children up to 18 years of age and also provides family, parent/carer support. By working directly with children, young people and their families we aim to create better outcomes, increase resilience, lessen risk and improve wellbeing for the family as a whole.

Referral criteria
- children and families experiencing disabilities/complex additional support needs (TATC level 2/3)
- child/young person living at home where there is at risk of them becoming accommodated (TATC level 3)
- child/young person who is currently looked after and accommodated and may be at risk of placement disruption (TATC level 3/4)
- child/young person who is currently accommodated out with Dundee local authority but are returning back to their community (TATC level 3/4)
- child/young person who is experiencing adverse childhood experiences who are displaying significant distressed behaviours (TATC level 3)

How to make a referral
Initial enquiries are welcomed from statutory, third sector organisations and other relevant sources. Self-referrals will be signposted to the Named Person/Lead professional who may make a referral to the Service.

The team manager will take details of the enquiry and assess if it meets the service criteria. If the referral meets the criteria the team manager will discuss progression of the referral within a timely response period.

Service provision
The supports we offer include:
- **Individual one to one emotional support** - child-led individual sessions using therapeutic activities and talking approaches to promote emotional wellbeing;
- **One to one activity based sessions** to promote self-esteem building and social opportunities by linking children to activities in their community;
- **Family work** to strengthen family relationships and communication;
- **Individual support to parents and carers** offering emotional support and strengthening their parenting capacity on issues linked to abuse recovery; trauma, bereavement and loss; problematic and harmful sexual behaviours;
- **Parent/carer buddy support** to help parents/carers feel less isolated and more confident in their roles;
- **Practical supports** to help families with routines in the home and access to other supports and services.

Examples of interventions:
Targeted trauma informed; building resilience; problem solving; coping skills; targeted supports associated with harmful sexualised behaviour and abuse recovery (including sexual abuse); improved behaviour and peer group relationships; art therapy; family based activities; parent/carer support programmes; environmental activities; healthy living programmes; building links with community resources and resources attached to schools and utilising the child protection and disability and trauma informed tool kits.

Respite and practical supports:
School holiday activity days for children/young people with a disability and their families; volunteer befrienders/mentors; sitting service; sibling support groups; therapeutic activities including art therapy group, therapeutic forest group; outdoor activities incorporating the use of the Service’s therapeutic/sensory garden; health and wellbeing groups; advice and information to access welfare and benefit rights and entitlements and to build parental capacity building and enabling to access family and community supports.