

# Happenings

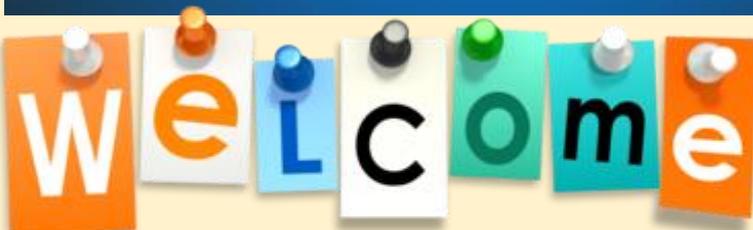
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SERVICE SIX



Service Six

Registered Charity Number: 1132490  
Company Number: 06740611



TO OUR DECEMBER NEWSLETTER



We wanted to say a HUGE THANKS to Corby Business Academy for inviting us to the Year 11 and 6th Form presentation and congratulate to all the students who have completed our OPAL Project Mentoring programme. We are very proud of working with such amazing, enthusiastic and inspiring students who will now provide peer support to their fellow students who experience emotional distress.



## ITV Anglian News



LOTTERY FUNDED

In October our TARGET Project featured on ITV Anglia News with a very moving and informative report around the impacts of Online Sexual Exploitation & Abuse.

Reporter Graham Stothard spoke with one of our incredibly brave TARGET Champions who had tragically experienced sexual assault through being groomed online. Graham also attended Corby Technical College to meet newly trained TARGET Champions who learnt about the dangers young people face online so they can provide support and advice to other students within their school.



Corby Technical School have been fantastic and proactive in supporting our TARGET Project and providing awareness and support sessions to their students. We would like to thank CTS and Brooke Weston Trust for their continuing support, allowing Service Six to improve better outcomes for children and young people.

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## Follow us on:

Twitter: [@ServiceSix1](https://twitter.com/ServiceSix1)

Facebook: [Service Six](https://www.facebook.com/ServiceSix)

## Donate as you shop this Christmas

With Christmas just around the corner don't forget that you can raise much needed funds for Service Six every time you shop online for prezzies, food, drinks and decorations. Its really easy and doesn't cost you a penny.

Just sign up at

[www.easyfundraising.org.uk/causes/servicesix/](http://www.easyfundraising.org.uk/causes/servicesix/)

and when you buy items online Service Six will receive a % donation of the money you spent. You can shop online with hundreds of well known retailers from Amazon and Argos to Zoggs and Zest – so why not sign up today and start raising funds for free?!

## Zombies and Ferrets - just another day at Service Six

Next year sees Service Six turn 40 and to help celebrate four decades of supporting children, young people and their families in Northamptonshire and surrounding counties staff at Sassoon Mews have got together to come up with a range of fantastic fundraising ideas. Scary Halloween movie shows with live zombies (can zombies be live) to Ferret Racing were just some of the whacky ideas put forward by those attending the brainstorming session. A Gala Night at the Theatre, a Big Night In, the Three Peak Challenge and interactive Pub Quizzes were all ideas that were put into the fundraising pot. It was great to get so many ideas from the team and we are aiming to have one fundraising event each month during our celebratory year. Watch out for a list of events that will be coming out soon and if you have any great fundraising ideas or want to get involved then let us know by emailing [brian.drury@servicesix.co.uk](mailto:brian.drury@servicesix.co.uk).

### TARGET Training



On 30<sup>th</sup> November our TARGET team delivered a full day training course to professionals which aimed to raise awareness of Online Sexual Abuse and Exploitation (OSEA). During the day professionals gained further knowledge and understanding of OSEA and the actions required by us all, alongside developing an awareness of the increasing impact & risk technology and online networking has in relation to child sexual exploitation, grooming and trafficking. Feedback showed that attendees were most interested to find out about Apps available to children that allow them to 'live stream' and the associated risks this toxic environment brings with it. It was also interesting to learn about gaming and the dark web. The information were presented in a passionate and actively engaging way showing data which could be used to impress the urgency of parental awareness, control and involvement.

**Thank you for the wonderful training!**

### Christmas Fete

Alyssa, 10 years old, organised a Xmas fundraising event on 1<sup>st</sup> December to raise money for Service Six so we can provide more free services and fun activities for local children and young people. So far Alyssa raised £349.48 through coffee, tea & mince pie sale, raffles & sweet tombola, biscuit decoration and Christmas carols. A big thank you also to Matt Best and his team from **Seven C3 Publishing** for donating so many goodies for our raffle and hamper. There are already great ideas for next year.



### Youth Starz MK Celebration Event

One year has passed and it was time again for our annual Youth Starz celebration event which was held at the Oldbrook Centre in Milton Keynes. We had a wonderful time, joined by many parents and our BLF Grants Office James Dove, celebrating the hard work and dedication of our Youth Starz over the last 12 months.



### We are re-designing our website



### BBC Radio Northants

Our TARGET Project Worker George Tosdevin appeared on BBC Northants radio Helen Blaby show on 13<sup>th</sup> November, talking about the issue of Cyberbullying and online safety. Cyberbullying is a growing problem in schools and has become an issue because the internet is fairly anonymous, which is appealing to bullies because their intimidation is difficult to trace. Unfortunately, rumours, threats and photos can be disseminated online very quickly. Contact us for tips how to protect kids against cyberbullying.



At StressAwareness day we took a break to reflect on how we can make sure that we look after our staff wellbeing as well as the children and young people we support. **KEEP CALM AND BE STRESS AWARE.**

# Service Six' Excellence In Therapy represents **Niki Reeves** in Attachment Theory & the Internal Working Models of Children



**Niki Reeves** UKCP (CPJA) MBACP Accred BA (Hons) Attachment Based Psychoanalytic Psychotherapist

Niki is working in clinical practice for almost 20 years and is a qualified Supervisor and Tutor, training Counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling and is now taking time to write, teach and run her private practice in Southampton where she works with therapists, individuals, couple and families.

**What to expect from this training course**

- ❖ A theory based workshop looking at attachment theory with children in detail, gaining an understanding of Mary Ainsworth's 'Strange Situation Test' to bring the theory to life.
- ❖ The 'Internal Working Models' that forms the structures for all our expectations of the behaviour of ourselves and others.
- ❖ Develop a deeper understanding of these models to help children to create models that will enable better outcomes and more secure relationships at school and at home
  - ❖ How the brain of a child works and how trauma limits the child's ability to use functions such as speech, logic processing and memory resulting in children's' behaviour that others see confusing and troubling
  - ❖ Development of Affect Regulation to give the child the resilience necessary to cope in the world.

**Date:** 2<sup>nd</sup> March 2019  
**Time:** 9.30am – 4.30pm  
**Venue:** Holiday Inn Express Kettering

**Cost:** £75 per person, including Refreshments & Lunch  
**Booking via Eventbrite:**  
<https://www.eventbrite.co.uk/e/attachment-theory-the-internal-working-models-of-children-tickets-53012452673>



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Service Six offers a range of training courses for professionals working with children, young people and families. All training courses are written to high standard and aim to deepen the understanding for professionals and the community. The courses are informed by up to date research, best practice and knowledge, whilst ensuring that focus remains upon the children and young people.

## Homeless In Need in Milton Keynes

Our Youth Starz project is based close to Milton Keynes city and therefore the team thought it was important to make Homelessness a key topic this year to raise awareness amongst the young people.

*What is 'Homelessness?'* - The young people talked about how they thought it would be to be homeless, especially in the cold and wet weather. They explored how they feel walking through the underpasses now that they are filled with tents. Many stated that sometimes they felt scared, intimidated and unsure. Some talked about avoiding the underpasses all together. The MK Homeless Charity joined us for the session and talk to the young people about the work that they do and their experience of working with the Homeless. They recommended to the young people that if they are wanting to help the homeless they should avoid giving them money, as this can help to fuel addiction. A drink, sandwich etc is better or even just saying hello. The young people decided to arrange a soup making sessions and then to deliver the homemade soup to the homeless people in MK City Centre. Some of the homeless shared their stories with us, others just thanked us for the soup. We are very proud of our young people as they were amazing!!! They didn't judge and showed a great understanding - they went into an unknown situation and tackled it with maturity, passion and respect.

ALL YOUNG PEOPLE WANT TO GO OUT AGAIN IN THE NEXT HOLIDAYS - THIS TIME NOT ONLY WITH SOUP, BUT ALSO WITH CHOCOLATE AND TOILETRIES.

They are kind human beings who are exactly like us

It's sad to see how they must live

We're not scared of them anymore

I'm so lucky for everything I have



We are delighted to welcome Ali and Kam into our team of sessional Support Workers.