

**No5 Youth Counselling has been supporting young people in Reading since 1971.**

We offer counselling by appointment to young people aged 10 to 25 years. We also offer counselling for a donation (suggested amount £20) to Kendrick Parents and Staff.



**Opening Hours at No5**

Monday	16.00-21.00
Tuesday	16.00-21.00
Wednesday	16.00-21.00
Thursday	16.00-21.00
Friday	16.00-21.00

**Telephone 0118 901 5668  
for an appointment.  
[www.no5.org.uk](http://www.no5.org.uk)**

**School counselling and nurse appointments at Kendrick School:**

The No5 School Counsellors are currently available during the school day, and offer up to twenty counselling sessions per week. The Nurse visits the school weekly.

Kendrick students can request counselling or an appointment with the school nurse by contacting the school's Welfare Officer who will try to arrange a session time that fits in with their individual timetable. All communications between the student, the Welfare Officer and School Counsellor or Nurse are confidential.

**Key Personnel:**

**Ms Christine Kattirtzi** – Headteacher

**Mr Nick Simmonds** – Deputy Head and Designated Safeguarding Lead

**Mrs Jo Hackett** – Welfare and Attendance Officer

**Kendrick School**

Email: [admin@kendrick.reading.sch.uk](mailto:admin@kendrick.reading.sch.uk)

**0118 901 5859**

**Information for Parents**



**Kendrick School**

**We are committed to the emotional well-being of our students through the work of our:**



**Counselling Service**

**and**

**Healthcare  
from the heart of  
your community**

**School Nurse**

## **School nurse and No5 Counselling Service**

Sometimes young people have medical or emotional concerns they wish to speak with a trained professional about in confidence. At Kendrick School our students are supported in having easy access to seeing the School Nurse or one of the No5 Counsellors to talk about these worries.

### **What is counselling?**

Counselling is not the same as listening or giving advice. A counsellor is trained to enable a young person to talk about their life and problems. They do not judge or tell them what to do. Instead they will support them as they think about how things can change for the better.

Young clients often feel less angry, sad or stressed after counselling. They can also feel better about themselves. Sometimes it helps to talk to someone who is not part of the home or academic environment.

### **Will you tell me if my child is having counselling or is seeing the school nurse?**

Parents will not normally be told if a young person is attending counselling or seeing the School Nurse, unless a significant safeguarding issue is raised. These services normally reach more young people in need

when accessible through a system of private, self-referral. They are also most effective when a young person feels free to talk in confidence.

### **Exceptions to confidentiality**

If a young person is at risk of serious harm to themselves or to others, we would have a legal duty to tell the school's Child Protection Officer. This is explained in the first counselling session. No5 follows guidelines established by the British Association for Counselling and Psychotherapy (BACP), as well as the law relating to safeguarding.

### **Will you tell anyone else what is said?**

Session content would not be disclosed without your child's permission. However, we will confirm with the school Welfare Officer that a student is attending counselling in order to book and continue sessions.

### **Are your counsellors professionally trained?**

No5 only uses counsellors in schools who are holders of a Counselling Diploma from a BACP or UKCP accredited course and/or are accredited by one of these bodies.

### **What happens when my child no longer wants counselling?**

If your child feels ready to end their counselling sessions, it is best if they tell their counsellor. They can then discuss ways of coping with issues should they arise again in the future. Your child will be welcome to return to counselling anytime should they wish to.

### **My child does not want counselling sessions. Can you help?**

Counselling will not work if your child is completely against it. If talking is difficult at first, there are many ways of building a good counselling relationship. Our School Counsellors are experienced in providing more informal sessions to help students ease into the experience of counselling, and to proceed at their own pace.

**We hope this leaflet has answered some of your questions about counselling. If you have any further questions about the service, please contact the school directly.**