

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	10.00-13.00 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

Registered charity no. 262681.

We are supported entirely by donations and fundraising.

School counselling and nurse appointments at Kendrick School:

The No5 school counsellor is currently available during the school day, and offers up to nine counselling slots per week. The nurse visits school fortnightly.

Kendrick students can request counselling or an appointment with the school nurse by contacting the school's Welfare Officer who will 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.

Information for Parents



Kendrick School

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

**Healthcare
from the heart of
your community**

School nurse

and



**Schools' Counselling
Service**

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 our No5 counsellor 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 daughter 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 daughter'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 daughter no longer wants counselling?

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

My daughter does not want counselling sessions. Can you help?

Counselling will not work if your daughter is completely against it. If talking is difficult at first, there are many ways of building a good counselling relationship. Our school counsellor is experienced in providing more informal sessions to help pupils 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.