

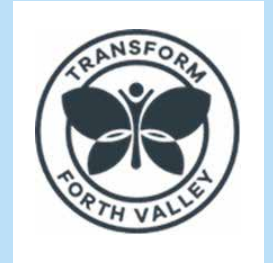
# Covid-19 Response Grants 2020

## Transform Forth Valley (Time 4 Us)



### Who are Transform Forth Valley (Time 4 Us)?

Time 4 Us is the children and families service within Transform Forth Valley. They aim to improve outcomes for children and families affected by alcohol and drugs. They work with children and families to enhance children's self-esteem, confidence and resilience and increase parenting capacity, to bring consistency in approach and predictability to children and young people's lives.



### How was the grant used?

- The grant was used to purchase a toolkit of resources (workbooks, interactive cards, games, information books) for each practitioner to use whilst working from home and to offer virtual contact and support to children, young people and families. The resources were used to support individual's mental health and emotional wellbeing, by providing techniques and strategies in relation to mindfulness, meditation and emotional regulation.
- The new resources provided a visual prompt and the worksheets and extra activities enabled meaningful sessions to be undertaken with children, young people and families.

### What had to change due to Covid-19?

- Due to the pandemic and school closures Time 4 Us moved their service delivery to a virtual platform. These sessions were delivered remotely which meant they were much less interactive and engaging than the sessions usually offered. Staff realised that more interactive and fun activities were needed, so with the support of the NHS grant, interactive and visual resources were purchased. This enabled the service to engage more fully with children and young people, which was vital as the situation was not about to imminently change.



## What difference has the grant made?

- Transform Forth Valley has supported 53 families, offering weekly virtual person centred sessions. The resources have also been utilised recently in face to face sessions in schools, to support children's mental health and emotional wellbeing.
- The resources enabled service users to have their voices heard allowing them to explore their thoughts feelings and ideas. They helped to break down initial barriers and will continue to support the service in the future as they continue to offer a blended approach. The resources also hugely supported the practitioners to deliver the support required to each individual and enhanced their own personal development and skills.

'The young person was keen to get involved and engaged very well with this resource.'

*(Practitioner)*

'It was fun, I liked it, me and my mum chatted about it afterwards which was good for me.'

*(16 year old)*

'These cards have made me think of things differently, which has really helped me.'

*(14 year old)*

'I think the cards were fun to use, I liked looking over them on my own.'

*(11 year old)*

'I enjoyed using the cards, I think they will help other teenagers with being more mindful and help them to practice things like breathing exercises.'

*(14 year old)*

