

SCHOOL IN-REACH SERVICE NEWSLETTER

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WELCOME BACK FROM ALL OF US AT SCHOOL IN-REACH!

We hope you had a restful summer and are feeling refreshed for a new term. Over the summer, we have been busy reviewing our offer, developing new resources, updating our existing ones, and refining our processes. We're excited to continue working with education settings across Cardiff and the Vale of Glamorgan in this new academic year.

END OF YEAR EVALUATION

We would like to express our thanks for completing the end of year evaluation form. Your feedback has helped us come together to review, update and develop our service, including:

- Reviewing our training offer
- Developing new and updated bitesize videos, such as an [Introduction to SIR](#) for education staff
- Building on our pilot projects and updating our resources



Scan to access Bitesize videos!

Between September 2025 and July 2026:

946	Requests for Assistance (RFA's) received
2104	Consultations completed
43	Trainings delivered
338	Professionals trained
19	Groups facilitated



59
responses

23
schools

Cardiff (64%)

Vale
(36%)

4.88

average
rating

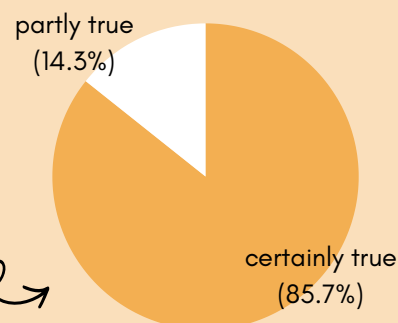
Our highlights include:

"Being able to discuss learner wellbeing issues... means I don't feel isolated with the issues."

What has been the most helpful part of the service?

"The team are so knowledgeable and are very much my go-to whenever I get stuck with supporting the wellbeing of learners and families."

'I feel well supported by the School In-Reach Service'



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SERVICE UPDATES



Supporting Distressed Learners

Over the year, we have developed our Supporting Distressed Learners training; an interactive 3-hour workshop to build understanding of what distress is, how it can present in the classroom, and how staff can support learners. The session offers practical tools to help staff have supportive conversations with young people.

We've been delighted to pilot the training with primary and secondary schools. As a newer part of our training offer, we've been really encouraged by the early feedback from staff who have taken part and are looking forward to delivering it widely in the coming months.

'I have a better understanding of how a distressed learner feels ... realising I don't have to find solutions and can just listen.'



'I'd never used the iceberg before and thought it was a great tool!'

Team changes

This summer term brought changes to our team. We said a fond farewell to Carolyn and Lisa, thanking them for all their warmth, creativity, dedication and support and the enormous contribution they've made to shaping our service. We wish them every success in their next chapters.

At the same time, we're delighted to welcome Millie to the team, who will be working with us in schools over the coming terms. We'd also like to congratulate Leanne on successfully beginning her new role as a Mental Health Practitioner in the Vale! We're looking forward to the year ahead and to continuing to build positive relationships with the children, young people, families and schools we support.



TIMAU ARDAL MEWNGYMORTH YSGOLION SCHOOL IN-REACH TEAM

Uwch Ymarferyddion Iechyd Meddwl Senior Mental Health Practitioners



Vicky Gillespie



Elen Hughes



Corrine Chambers



Natalie Baron



Kirsty Vincent



Angie Morgan

Ymarferwyr Iechyd Meddwl Mental Health Practitioners



Leanne Coundley



Emma Michelet



Elin Davies



Corrine Chambers

Arweinydd y Tîm Team Lead



Amy Brown

Ymarferydd Mewngymorth Ysgolion School In-Reach Practitioners



Pooja Antony



Millie Wiggins



Hayley Frieze-Crimmins

Arweinydd Clinigol Clinical Lead



Dr Rhian Murphy

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SERVICE UPDATES

Peer Mentoring & Buddy Programme

We are continuing to run our peer mentoring programme across multiple secondary schools in Cardiff and the Vale of Glamorgan, to build relationships between younger learners and sixth-form peers. Last year we developed a set of resources, including leaflets, a pack for staff and a booklet for mentors to use in sessions, which are now in use. It's been lovely to see our existing mentors build such warm, positive relationships and make the programme their own.



Following the rollout of our peer mentoring programme, we are excited to pilot our new 'Transition Buddy' Programme in two of our Vale schools. The pilot pairs Year 8/9 learners with Year 6/7's to help them feel welcomed and confident as they settle into secondary school. Keep an eye out for more updates as the programme develops over the coming terms!



Our website has had a refresh!

Explore our latest service offers, browse our revamped collection of bite-sized videos, and access up-to-date resources designed to support you.



Scan to access our website!



Primary School Update



School In-Reach Primary School update: From September 2026, School In-Reach will no longer provide direct support to primary schools. Due to increasing demand and financial constraints, we have had to prioritise support for mainstream secondary schools. Primary schools will continue to be welcome to attend relevant training opportunities alongside secondary colleagues.