

solace


surviving exile and persecution

Solace Children and Families Wellbeing Project

Support for Schools and Colleges

**Supporting refugee children,
young people and families
who have come to the
UK through the UNHCR
Resettlement Programme**





Do you have refugee students who have arrived through the UNHCR Resettlement programmes who are struggling emotionally, or having difficulty settling in?

It can be hard helping a refugee child integrate and enjoy life at school. The problems show up in many different ways.

Her English is ok, but she seems sad and not able to learn

She isn't making friends and seems so quiet and alone

He is so anxious and distracted. He is distracting everyone else

He seems to be exhausted the whole time, and can't concentrate

His anger is so unpredictable, intense and scary

Solace provide free therapeutic support for children, their family, and their place of education.

This support is available for refugee families who have arrived as part of the UNHCR Resettlement programmes (including the Vulnerable Persons, Vulnerable Children's and the UK Resettlement Programme) with children, aged from 0 to 19, regardless of the severity of their symptoms (no lower limit).

Our therapists and interpreters are specialists in working with refugee children and their families, and with the staff who work hard to help these children settle in schools and feel secure, so that they can learn.

Some children settle in well, and can engage with their education, but other children might:

- Have difficulty learning English, and understanding what is going on**
- Not have been to school before**
- Find they are not understood by other children**
- Miss their home, friends, and family**
- Be experiencing the effects of trauma**

All these factors affect their ability to learn and to settle in well.

Solace can help with all of these issues.

Solace for children and young people

- **One-to-one trauma and attachment informed therapeutic support.** Helps reduce distress; supports a sense of safety and security, confidence and self-expression.
- **Group work in schools and colleges.** Providing a structured, safe environment to explore issues and feelings, and strengthen identity and belonging.

Solace for parents

- **Therapeutic support.** Family work to manage the effects of resettlement on the family, helping parents to understand, and respond to their child's needs and difficulties.

Solace for staff and case workers

- **Individual consultation.** Establish individual support strategies and facilitate communication between home, school/college and supporting agencies.
- **Small or large group training.** Explore issues around forced migration and trauma, and working effectively with young people experiencing emotional distress.





We work face to face when possible, or by video or phone for individual, family and group work.

School or college staff may be the first to identify symptoms of emotional stress and trauma in refugee children and young people. Parents/carers may also report concerning behaviour at home to you.

If you are concerned, do contact us: we are always happy to discuss ways in which we can help. If you aren't sure whether the student is eligible for this project please talk to us as there may be ways in which we can support them.



How to make a referral to the Children and Families Wellbeing Project

Contact your local Solace therapist.

Your local therapist is:

Phone:

Email:

On line referral: www.solace-uk.org.uk/therapy/making-a-referral

Before making a referral please ensure that you have discussed this with the young person and their family and have permission to contact us.

General office contact details are:

tel: 07899 304 905

email: info@solace-uk.org.uk

website: www.solace-uk.org.uk

Charity no. 1104507 Company no. 4733478



**Children and Families
Wellbeing Support**



Migration Yorkshire