

Just Psychology

Newsletter Spring 2019



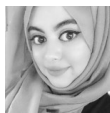
New Assistant Psychologists



Megan graduated with a BSc in Psychology in July 2017.

She is focusing on the Trafford Sunrise service, where she enjoys co-facilitating the children's groups, and learning more about cultural diversity.

She also works at Stepping Hill Hospital on an acute in-patient ward for adults with a variety of mental health needs.



Afsheen has recently graduated with a MSc in Clinical Cognitive

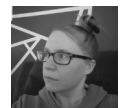
Neuroscience. She aspires to become a clinical psychologist. During her time at Just Psychology, she will be assisting in the Trafford Sunrise groups for children aged 8-10 years old. She is excited to be a part of the Just Psychology team, teaching children the importance of understanding and dealing with difficult emotions.



Naim is currently studying a MSc Psychology at the University of Central

Lancashire, having graduated with a BSc in Neuroscience in June 2018. His ambition is to be a qualified Clinical Psychologist working with patients to bring about a positive change to their mental health.

We're also really pleased to have Ceri working with us as office manager.



Ceri joined us in summer and is a valued member of the Just Psychology office team.

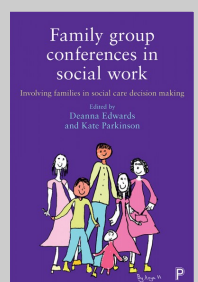
Publications

Director Iyabo Fatimilehin has co-authored a chapter in *The Handbook of Mental Health and Space*, along with board members Amira Hassan and Carolyn Kagan.

The chapter explores "cultural, migratory and community spaces for preventative interventions with Somali men and their families".

The Handbook of Mental Health and Space is edited by Laura McGrath and Paula Reavey, and is published by Routledge.

Dr Fatimilehin has also written a chapter on FGCs with marginalised communities in *Family group conferences in social work: Involving families in social care decision making*, edited by Deanna Edwards and Kate Parkinson.



Trafford Sunrise: Poster presentation at BPS conference

Our Assistant Psychologists produced a poster for the BPS Faculty for Children, Young People and their Families Annual Conference in October.

The poster explored the ways that the Trafford Sunrise service introduces systemic working to mainstream



commissioned services: despite being commissioned to work with children alone, we also engage with parents.

The service aims to work systemically by:

- Providing evidence-based interventions that integrate parents
- Collaborative work with parent and child in children's groups and individual sessions.
- Providing additional groups for parents and parent workshops
- Continual collaboration and communication with commissioners and referrers.

93% of parents felt "the people who have seen my child listened to me."

100% of parents felt "the people here know how to help with the problem I came for."

100% of parents felt "if a friend needed similar help, I would recommend that he or she come here."

100% of parents felt "overall, the help I received here is good."



BME Community News

Makki Mosque #VisitMyMosque Open Day

Sun 3 Mar, 11:00 to 15:00 at Makki Mosque, 125 Beresford Road, Longsight, Manchester, M13 0TA.
Guided tour of the building with an opportunity for guests to ask questions, after which Makki Mosque would like to invite guests to observe the midday prayer followed by light refreshments and fun activities.

Love Our City - Chai and Chat Event 2: Far Right Extremism and International Issues

facilitated by Small Steps

Thu 21 Mar, 9:30 to 13:30 at Jabez, The School Hall, The Church of God 7th Day, Slade Lane, Longsight, Manchester, M13 0GL.

Awareness session.

To book a place please e-mail the Manchester BME Network:

office@manchesterbmenetwork.co.uk



Contact

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@Just_Psychology



Just Psychology CIC

Just Psychology CIC is a not-for profit social enterprise. We are a multidisciplinary group of professionals providing services to address the psychological and mental health needs of children, adults and families, with particular emphasis on cultural diversity, cultural competence and social justice.