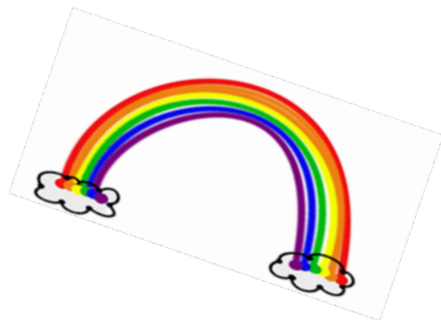


eNFyS



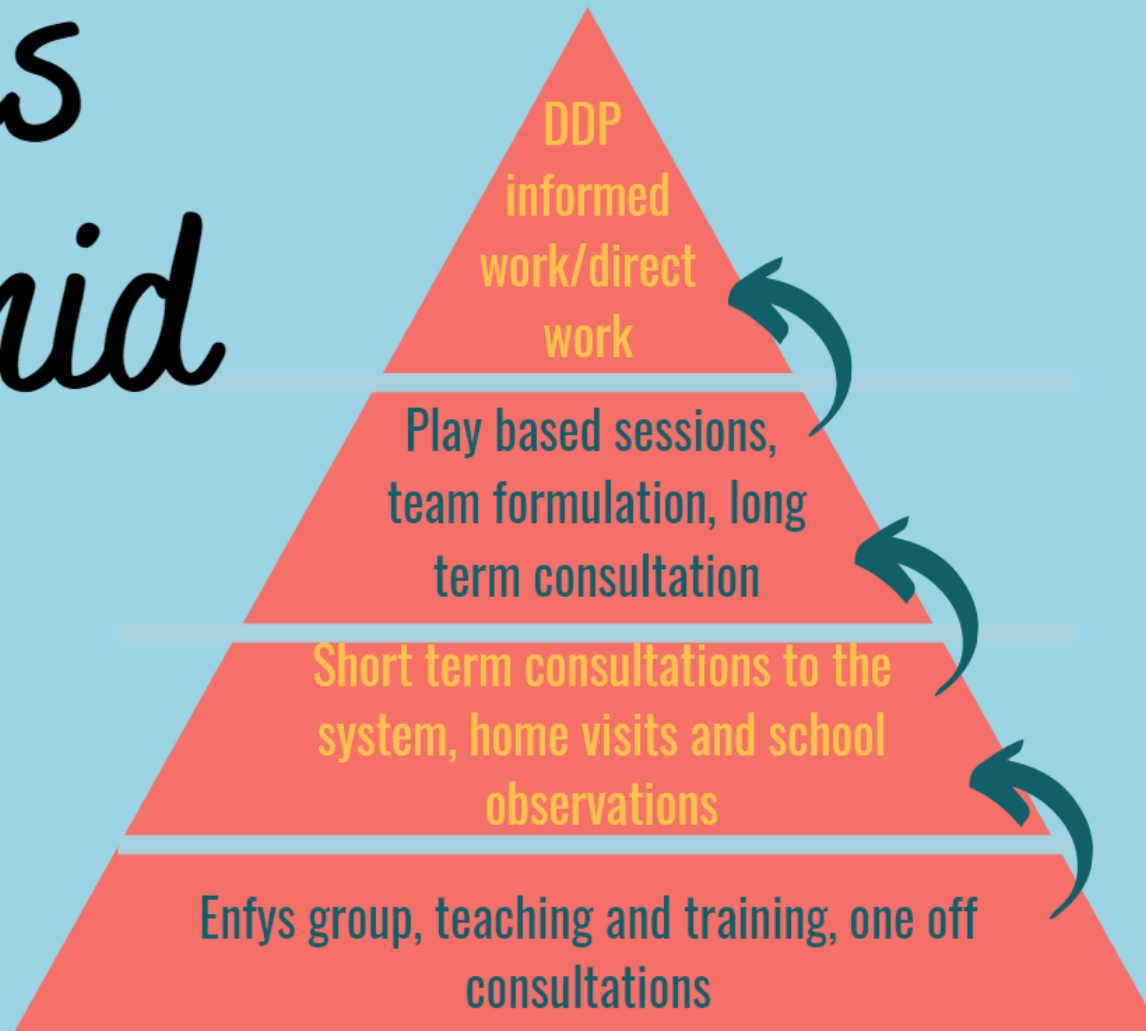
Who are Enfys?



- We are a developmental trauma service for children who are looked after, pre and post adoption and on the edge of care.
- The team currently:
 - 1 Consultant Clinical Psychologist
 - 1 Lead Occupational Therapist
 - 3 part-time Clinical Psychologists
 - 2 full time Clinical Psychologist
 - 3 Graduate Mental Health Workers
 - 1 Trainee Clinical Psychologist
 - 1 Psychology Placement Student
 - 1 Team Secretary

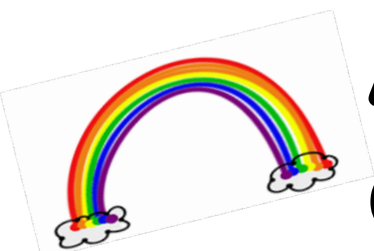


Enfys pyramid



We work at 4 levels from one-off consultations, through to long term work with families.





Advice and support consultations

ENFYs ADVICE AND SUPPORT

Cardiff Children Services

Advice and Support Sessions **every Monday**

We prioritise these sessions for children who are looked after, but also support children who are adopted and at the edge of care

You will be offered a 30 minute slot unless you request one of our hour long slots where you can also bring foster carers/residential staff



TO BOOK AN ADVICE AND SUPPORT SLOT PLEASE CONTACT
ENFYs.CAV@WALES.NHS.UK
WITH DETAILS OF THE CHILD YOU WISH TO DISCUSS

WE LOOK FORWARD TO SEEING YOU ALL SOON

These sessions will be held virtually until further notice

ENFYs CO-LOCATION SIGN-UP SHEET

Members of the Enfys team will be visiting on (Insert date) if you would like to prebook a slot please put your name and the name of the child you would like to discuss in the table below.

Feel free to pop in for a chat if there are an open spots

Time	Your name	Childs Name
9:30 - 10:00		
10:15 - 10:45		
11:00 - 11:30		
11:45 - 12:15		
1:00 - 1:30		
1:45 - 2:15		
2:30 - 3:00		
3:15 - 3:45		
4:00 - 4:30		

ENFYs ADVICE AND SUPPORT

Vale Children Services

Advice and Support Sessions **every Thursday**

We prioritise these sessions for children who are looked after, but also support children who are adopted and at the edge of care

You will be offered a 30 minute slot unless you request one of our hour long slots where you can also bring foster carers/residential staff



TO BOOK AN ADVICE AND SUPPORT SLOT PLEASE CONTACT
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WITH DETAILS OF THE CHILD YOU WISH TO DISCUSS

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ENFYS GROUP



Introduction

The Enfys Group is based on the Foundations of Attachment Programme (Golding, 2017), for those parenting or caring for children who have relationship difficulties, especially children who have experienced attachment problems, trauma, loss and/or separation, early in their life. The programme is based on Dyadic Developmental Psychotherapy (DDP; Hughes, 2009, 2011).

The group will be facilitated by team members from Enfys. It will be a closed group, potentially including foster carers, kinship carers and other professional staff who are working with children who are looked after. This is an opportunity to gain knowledge in a supportive, safe environment.

Aims to help parents/carers to:

- Gain an understanding of the challenges and explore ways to build connection and trust in relationships. This can lead to increased attachment security and reduced levels of shame
- Aid carers in understanding how to provide support for behaviours, alongside building these connections
- Think about the sensory aspects of developmental trauma and how to support these needs
- Help to explore the challenges of caring for children with blocked trust and understand the importance of looking after themselves
- Gain an understanding in some of the ways early trauma can shape a young persons perceptions of themselves, the world and others.

**To add your name to the waiting list please email us at
enfys.cav@wales.nhs.uk**

Overview of the Course

The group is held over six consecutive weeks and covers the following subjects:

Week 1: Introducing group and developmental trauma

Week 2: Attachment and shame

Week 3: Rhythm of regulation

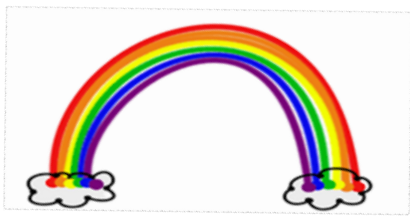
Week 4: Therapeutic parenting and PACE

Week 5: PACE and consequences

Week 6: Self-care, blocked-care and goodbye

Note: We ask that participants commit to attending at least 5 of the 6 sessions. We understand that people may miss one due to illness/childcare/holidays, but have found that if more than one session is missed, then the group becomes really difficult to follow. If participants cannot commit to at least 5 sessions, then let us know and we can re-allocate them to the next available group

Workshops



Our **Rhythm of Regulation** workshop is run as part of the Enfys group, however these are also offered as standalone workshops as well. Those offered standalone workshops are also offered a bespoke consultation with our Occupational Therapist in order to embed the knowledge further.

Food for Thought is a workshop which supports carers and health professionals to think about how trauma can affect food related behaviours. This is run as a joint piece from both our Clinical Lead Occupational Therapist Jenn and one of our Clinical psychologists.

'RHYTHM OF REGULATION' WORKSHOP

The workshop will cover the following themes:



- What do we understand by the term **regulation**
- The development of regulation and the importance of **co-regulation** and how this is impacted by trauma
- Understanding the **nervous system**
- **Survival states**
- Regulation '**tool kit**'

'FOOD FOR THOUGHT' WORKSHOP

Please email: enfys.cav@wales.nhs.uk

Aims & objectives:

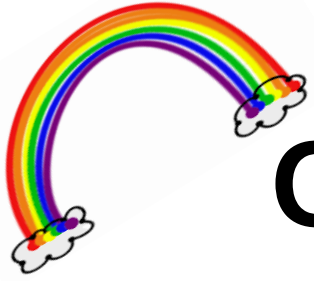
- TO CONSIDER THE COMPLEX REASONS WHY CHILDREN AND YOUNG PEOPLE STRUGGLE WITH THEIR RELATIONSHIP WITH FOOD
- TO EXPLORE THE DEVELOPMENTAL, EMOTIONAL, PHYSIOLOGICAL AND SENSORY REASONS
- TO OFFER STRATEGIES AND SUGGESTIONS TO SOME COMMON CONCERNS
- TO SIGNPOST TO ADDITIONAL SUPPORT AND RESOURCES

Common areas of concern:

- HOARDING/TAKING FOODS
- EATING QUICK/SLOW
- FUSSY/LIMITED DIET
- CRAMMING THEIR MOUTHS
- UNABLE TO SHARE FOODS
- WON'T TOUCH FOODS WITH HANDS
- ALWAYS WANTING SNACKS
- MESSY EATER
- STRUGGLES TO SIT AT THE FAMILY TABLE TO EAT



Facilitated by Jenny Jones, Clinical Lead Occupational Therapist, Dr Laura Coote, Clinical Psychologist and Sue Marshall, foster carer



Ongoing support to families

- Assessment and formulation of therapeutic need
- Based on child, young person or family individual needs (needs led)
- Dyadic Developmental Psychotherapy –based support
- Members of the team are skilled in a variety of therapeutic models, as well integrative working (e.g. play based work, EMDR, DBT, Tree of Life, TF-CBT, ACT)





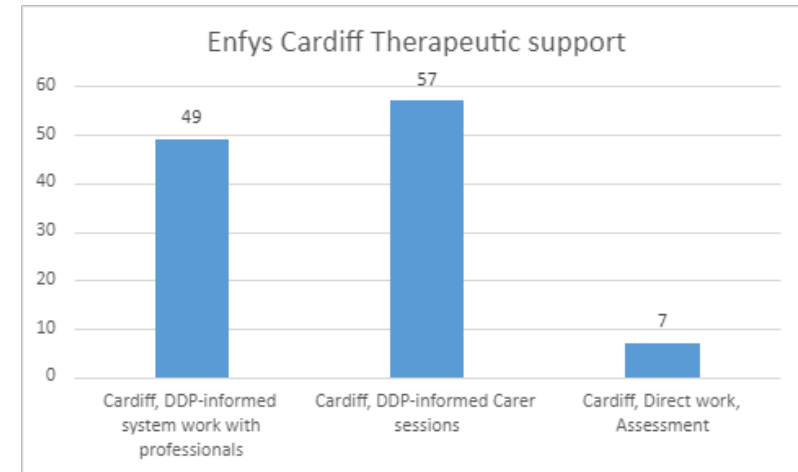
Working alongside other services

- 6-weekly supervision with CLA nurses
- 6-weekly supervision to post-adoption service
- Co-location with East, North, South teams in Cardiff Children's Services every month
- Co-location with post-adoption service every 2 weeks
- ARC – dedicated psychologist embedded in the edge of care service

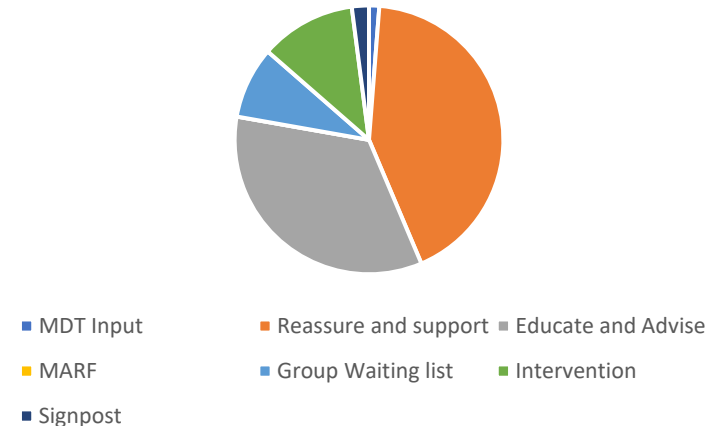
2023 Data

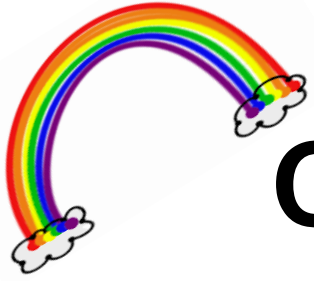
- So far, this year, 5 Enfys groups have been run for individuals from both Cardiff and Vale.
- Within Cardiff, Enfys has provided 246 Advice and Support Sessions since January. The outcomes are shown in the Pie Chart

All Enfys therapeutic work specifically in Cardiff since January 2023



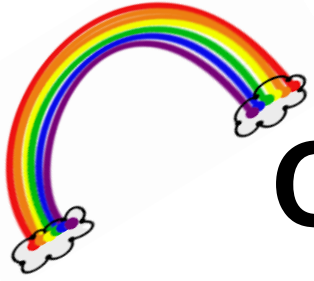
Outcome Measure:





Challenges

- Accommodation
- Numbers of children covered by our current remit vs. Enfys resource
- Increasing costs for outsourced provision
- Impact of covid, particularly for our adoptive families
- Creating long-term stability with partnership staff turnover and burnout



Celebrating Success

- Blueprint Study
- Incoming OT
- Research
- Partnership working
- Team resilience and prioritising well-being
- Passion and commitment