



Informed Consent to One to One Sessions with a Living On Family Support Worker

Name of child:

Where sessions will be held:

I give permission for my child to work one to one with a family support worker/volunteer from Living On. I understand that these sessions are confidential and a safe space for my child to talk and explore their feelings. I understand that the family support worker/volunteer is unable to discuss details of these sessions with anyone outside of the clinical team at Living On unless they feel the child is at risk or is a risk to others (under the child protection and safeguarding guidelines).

We share information with Living On support workers/volunteers. Unless consent has been given, we do not share information outside.

I have read and understood Living On's Covid-19 Family Policy for Face to Face Work and I understand that my contact details will be shared with the NHS track and trace system in the event of a positive covid-19 test from either party.

I have read and understood Living On's information guide.

Signed:

Print:

Relationship to the child:

Mobile number:

Date:



LIVING ON INFORMATION SHEET: One to One sessions

The support we offer helps children to explore their feelings, to express themselves and to make sense of their life experiences. We tailor sessions to meet the child's or young person's needs, which may include; play, talking and using other creative resources.

We aim to allow children the opportunity to explore and understand their feelings and through their sessions they can be offered a new perspective on the difficulties they face. Children and young people can feel empowered and with an increased self esteem, may be better equipped to deal with the challenges of their lives.

Confidentiality - Before starting the sessions the Family Support Volunteer will discuss confidentiality with you and your child. Usually specific details of each session will be confidential to the child and support worker, but we can arrange regular reviews. No information will be disclosed to any other person or agency without prior agreement from the parent/carer and child (if appropriate).

The only exception would be where information is required by a court of law, local authority or when the support worker has reason to believe that a child or other person is at risk.

Records and Notes - The content of each session will be recorded in the child's records. The records contain details of the sessions, assessment, contact details and any other relevant information. We do not pass your details onto anyone else unless this has been discussed and agreed by you, we keep details for 8 years. These records are confidential, kept secure and conform to the Data Protection Act (2018). This information may also be confidentially discussed with an external clinical supervisor. Please ask to see our GDPR Policy for more information.

Tips to support your child when they are receiving support:

- Please be supportive of your child receiving therapeutic support, this will encourage him or her to be able make best use of their sessions.
- Try to make sure that your child attends their session each week as consistency and continuity are very important in building a trusting relationship.
- If your child is not able to attend a session or is not in school on the day of their session, please let your Living On contact know as soon as possible.
- If your child does talk about the session, just listen and try and resist asking how the sessions have gone.
- As with other supporting interventions, sometimes behaviour can get worse before it gets better. Please feel free to contact us if you need any further support.
- If you think further issues come up during the week, please contact us.