

COPEs is Here to Help

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## Who are They?

COPEs are the team that helps children and parents who are having problems with education and children whose parents have split up or are divorced, or are having difficult thoughts & feelings.

They come into schools in East Sussex to discuss the problems and feelings that children may have.

They never share anything outside the meeting.  
They always ask you if you want to share it.

Fun

Careful  
about  
feelings

Listening

Calm

It helps  
the teachers  
help you!

Safe

Caring

## Why?

They do it because it helps comfort children and sort out their problems slowly and calmly.

# HOW TO CONTACT COPES

## How?

How they do it is easy.

First they introduce what they are going to do, then they get the child to fill in a sheet of feelings and things like that.

It's Fun

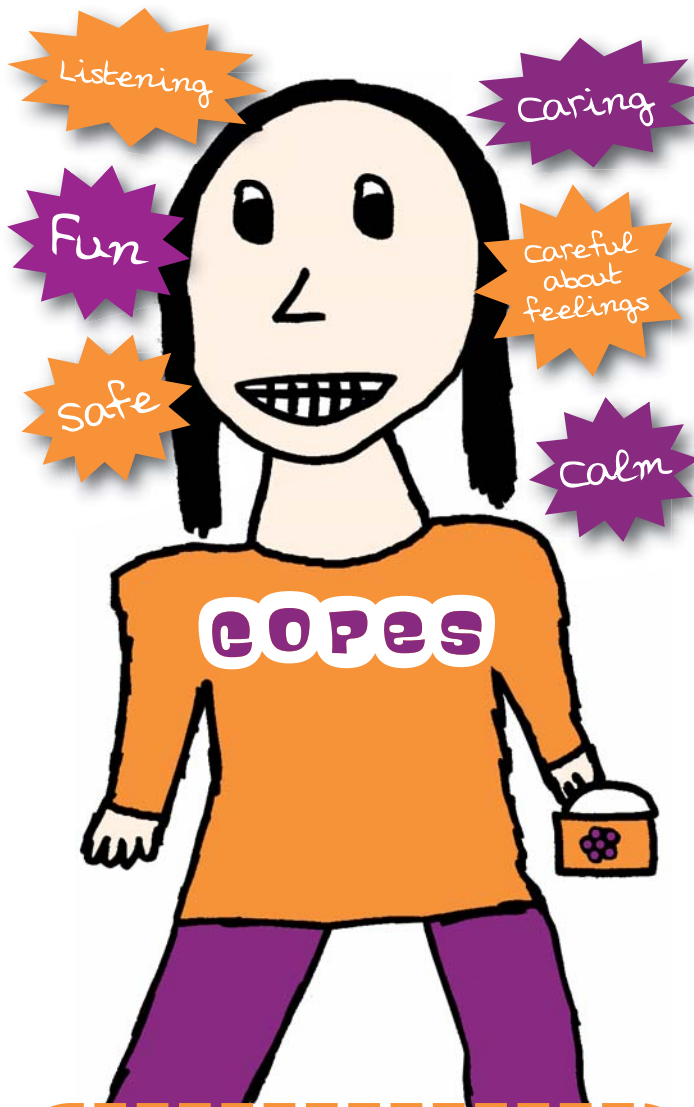
It's Calm

It helps

They listen to you



They help you set goals



Your COPES worker is:

Tel N°



General enquiries:

01273 407336

email: [nicola.dudley@ruralsussex.org.uk](mailto:nicola.dudley@ruralsussex.org.uk)



Project manager:

01273 405455

email: [dave.ely@ruralsussex.org.uk](mailto:dave.ely@ruralsussex.org.uk)

The family outreach link worker will give you their mobile number once they have made contact with you.

Words and pictures by Freyja, George, Harry, Oliver, Rachel and Toby.



[www.ruralsussex.org.uk](http://www.ruralsussex.org.uk)

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Action in rural Sussex is a registered charity which was formed in 1931 to serve rural communities. Our major role is to identify problems and respond to the needs of rural communities – providing practical support and helping villages in Sussex remain vibrant living and working places.  
Charity N° 1035401