

"I am delighted to say that the COPES team are part of the work provided at {Lewes district} school. They provide a service that very much supports children, by enabling them to have a voice to express themselves."

Primary school Senco, on winning an award celebrating the school's work in supporting children with Speech, Language and Communication needs.

Confidentiality

COPES is a confidential service and we will not disclose any information without the individual's consent, except when a child or adult may be at serious risk of harm*. This means that we do not automatically share information between family members, without prior agreement.

Complaints

COPES is committed to providing a high quality, accessible and responsive service to children, families, and schools. We also liaise with other agencies or organisations in the course of our work.

One of the ways in which we can continue to improve our service is by listening and responding to feedback from clients or partner organisations.

If you have any comments or would like to make a complaint about our service, please speak to your family outreach worker initially, or contact the COPES Team Leader direct on 01273 407321.

*We have a legal duty to follow up safeguarding concerns and/or disclosures. See Action in rural Sussex' Safeguarding Policy and Procedures, available on request.

Action in rural Sussex



How to contact COPES

Judy Perraton – COPES Team Leader

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AirS' vision is for a rural Sussex that is thriving, economically active and full of choice and opportunities for everyone, regardless of their circumstance.

Our full range of services includes:

- COPES – support for Children and Families
- Neighbourhood and Community Planning
- Community Land Trusts
- Affordable Housing
- Village Agents and Village Care
- Community Buildings advice and support
- Advocacy for rural communities in Sussex

AirS is an independent charity and our work with rural people and communities throughout Sussex is funded by members' subscriptions, donations, and legacies. In addition, some of our services are paid for, and specific projects receive grant funding from trusts, foundations and the public sector to address priority needs in agreed areas.

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 @RuralSussex

Sussex Rural Community Council (SRCC) is a charity and company limited by guarantee.
Charity Reg No. 1035401
VAT Reg No. 587494379
Company registered in England No. 2907172

Presidents: Mrs Susan Pyper, Lord Lieutenant of West Sussex and Peter J Field, Lord Lieutenant of East Sussex
Chief Executive: J J Leggett

Action in rural Sussex is a member of the Rural Community Action Network



Action in rural Sussex

COPEs – Children & Families

COPEs Children and Families





What is COPES?

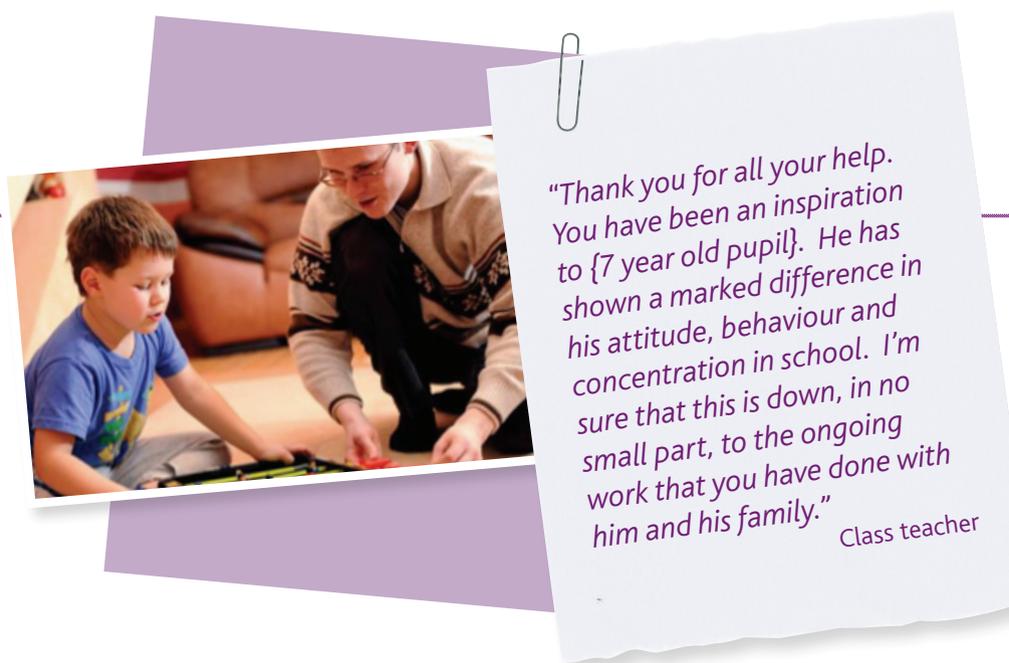
COPES stands for Children's Outreach and Parents' Extended Support.

COPES is a small team of highly skilled and experienced practitioners with expertise in Play Therapy, Solution Focussed Brief Therapy, various parenting interventions and behaviour management techniques, group work, and mediation.

We are committed to helping families improve their life experience and aim to offer a non-judgemental, empowering approach to family support: accepting individuals at whatever stage they are at; creating the best possible conditions for children to heal, grow or move forward; listening to and supporting children and parents in working towards their preferred future.

What kinds of difficulties can COPES help with?

- Emotional difficulties such as: anxiety, low mood and anger
- Self-esteem and confidence issues
- Relational difficulties: friendships or parent-child relationships
- The impact of significant life events such as: family breakdown, family illness, bereavement and loss
- Trauma
- Additional needs such as: ADHD (Attention Deficit Hyperactivity Disorder), ASC (Autistic Spectrum Condition)
- Parenting and behaviour management challenges



How does COPES work?

- Your COPES worker will arrange to meet with you once a referral has been received. This allows us to listen to your concerns and to think together about how best we might help. We will also tell you more about the service and you will have the opportunity to ask any questions that you might have.
- Depending on the issues your family is experiencing, you may be offered 1:1 sessions for your child, sessions for you and your child together, sessions for yourself (and partner) or a combination of these options. An action plan is drawn up so that everyone is clear on the focus and aims of our involvement, and we review this during the 12 weeks.
- Sessions will last between 30 minutes to one hour. Child sessions usually take place in school. Parent or parent-child sessions may take place in school or at home.
- We aim to offer weekly sessions at a regular time.
- During the course of COPES' intervention, we may share strategies we think will help the child with parents and/or school. Through respect for confidentiality we will not share all the details of the child's sessions.
- On average, COPES' intervention lasts for 12 weeks but this may vary depending on need and other circumstances. We provide a closing report and request client feedback on finishing.

How can I get COPES' help for my family?

If your family is experiencing difficulties and you think COPES might be able to help, please speak with your school's SENCO or head teacher. The school will decide whether they are able to make a referral. If they do, they will complete a referral form including brief details of the issues your family is experiencing and their aims for the work. They will also ask you to sign a consent form and this will be sent to COPES along with the referral. It is also possible for families to access COPES support privately. Please contact Judy Perraton, COPES team leader to discuss fees and availability (contact details on back of leaflet).

