

# HOW TO CONTACT US

Support for  
Parents, Children, Young  
People & Families

## Every Child Matters

Vista believes that every child does still matter but that schools are increasingly being asked to concentrate on teaching and Learning and have less time and resources to devote to children's overall wellbeing. Through partnership working children and young people can still achieve the five outcomes of the Every Child Matters agenda:

- Being healthy
- Staying safe
- Enjoying and achieving
- Making a positive contribution
- Achieving economic wellbeing

**Every child does matter and together we can make a difference.**

### Confidentiality

Information which you or your child shares with us will only be shared with other agencies with your consent. However, if at any time a disclosure is made to us that gives rise to child protection concerns we are obliged to pass this information on to the relevant Designated Senior Person in school or Children's Service.

### VISTA ST. ALBANS

Jo Maher

c/o Fleetville Junior School  
228 Hatfield Road  
St. Albans, AL1 4LW

**Mob:** 07939 111152

**Tel:** 01727 855134

**Email:** vistastalbans@gmail.com



**We can be contacted term time during normal office hours. If you leave an out of hours message we will return your call as soon as we can.**

**Vista is driven by its commitment to improving life chances for children and young people.**



Mentoring and  
Counselling service



A Guide for Parents,  
Carers & Schools

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

[vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)

'Community Oriented Business of the Year 2012'

# MENTORING

# VISTA STAFF

# COUNSELLING

## **The Listening Ear**

– an early intervention service

Mentoring offers a safe person for the child/young person to talk to where they can air their worries or concerns.

Our mentors have enhanced CRBs and are experienced in working with a variety of issues such as low self esteem; eating disorders; family breakdown; bullying; anxiety; exam stress and issues around moving on to secondary school. Mentors are carefully chosen so that they are matched to each particular child or young persons needs.

The mentoring service that we offer is time limited. Each child or young person will receive a maximum of 12 sessions each lasting approximately 30 minutes. The cost of the service is in the region of £25 per session. If further support is needed Vista will signpost you and your child or young person to the right agency or service.

## **Vista Mentoring**

– the right support at the right time

Vista quality assures all its associate Counsellors and Mentors. They are all trained in safeguarding and hold enhanced CRBs with the company. We check that Counsellors and Mentors have the relevant qualifications and that they are up to date.

Counsellors have, as a minimum, the Advanced Diploma in Therapeutic Counselling and AQA High Diplomas and are members of MBACP, their professional body. All our Counsellors are experienced practitioners who follow the BACP ethical codes of practice and receive regular clinical supervision.

Our Mentors usually have a background in education, youth work or counselling and receive regular supervision by one of the Vista Directors who liaises with the schools to receive feedback on the service.

We are happy to provide further details about individuals upon request.

*Please contact Jo Maher to arrange an appointment.*

The aim of the Vista Counselling Service is to provide early therapeutic interventions for children and young people experiencing difficulties which prevent them from engaging fully in their education.

It is particularly beneficial for children and young people experiencing bereavement or separation, bullying, self harm or relationship difficulties and problems at home.

Vista can provide a Counsellor to support a child or young person aged between 5 and 19 years regardless of their gender, ethnicity, disability or sexual orientation. The counselling sessions enable them to explore their feelings in a secure environment and enable them to move past their problems and build firm foundations for a secure future.

Sessions last approximately 45 minutes depending on the age of the child. The Counsellor regularly reviews the sessions to make sure that they are meeting the needs of the child or young person. Each session costs approximately £35.

## **Counselling**

– an opportunity to let emotions out, talk openly, put your experiences into perspective and find yourself again.

