



What if my young person won't engage?

We are used to young people feeling anxious or unsure about the group. Before starting in a group, young people and their parents / carers are invited to come to visit the centre where their group will be held. The purpose of this visit is to meet the Group Facilitator- who will talk about Aspires and answer any questions or queries you or your young person may have. We will then ask the young person to come along and 'try out' a group session. Usually most young people engage if they come on the visit, however if your young person is reluctant to visit, then we can come and meet them at home. In cases where the young person is still unable / unwilling to engage, we may be able to offer some group preparation sessions on a 1:1 basis, with the aim to introduce them to a group as soon as possible.

Who can make the referral?

Anyone can make a referral to Aspires - A parent, a social worker, a family support worker, a teacher or SENCO etc. To download an Aspires referral form, just follow the link on our home page.

How long is the waiting list?

The demand for the Aspires service outweighs the number of spaces available. The wait is dependant on the area and group your young person will access, so for more exact waiting times, we advise you contact us however on average, there is a 6 month wait for a space after we have received the completed referral form.

Will I get feedback once my young person has started?

Aspires is a confidential service, so we will not discuss the specifics of what your young person says, however we will give you feedback regarding how well they are doing in the group. There are termly Parents evenings, to which you will be invited, to discuss your young person's progress. The young person has the option of joining us for these meetings