

# FRIDAY 14TH JULY 2023

*With Lavinia Dowling*

## NEW IN THE SHOP

We are approaching TMW's 3rd Birthday! Like last year, we are publishing our 2nd academic journal. This is really exciting. The M Word (Emotional Problem Solving) cic occasionally has a young person followed by a parent come through for a Mental Health assessment and Initial Screening. However, TMW has been lucky enough to support a whole family and so we have been able to explore this through anonymized data and narrative reports, which is a bit of a coo for research at grass roots level. There are some people who suggest that children learn Autistic habits from their parents, and so it is learned behaviour rather than genuine Autistic traits. However, Anna and I began to unpick the narratives and data and found some surprising information. If you would like a copy, please pre-order from our shop. [www.emotionalproblemsolving.ltd/shop](http://www.emotionalproblemsolving.ltd/shop)



## SCHOOL'S OUT FOR THE SUMMER

For many students in England and Wales, the end of term is approaching. For our Scottish students, they are already on holiday! So, here's to a good rest. They say change is as good as a rest. There may be students looking to build their CV and have a skill set really helpful to TMW or EPS. If you have a few spare hours a week and would like to share your skill set with us over the summer holidays, we would love to hear from you! You can be any age, in theory, and have any skill set, although I would really appreciate skills in research, filming and editing, and IT! But, honestly, it can be in anything to bring us fresh knowledge and encourage you to learn from us more about neuro diversity. Autism itself is so varied, and even more so if you consider ADHD, and yet again if you include PDA! If this is of interest, email us at [info@the-m-wordcic.co.uk](mailto:info@the-m-wordcic.co.uk).



## FERNDALE RADIO

For those of you unaware, every Friday mornings, you can hear me on digital radio with Ferndale Community Radio cic. We have been building a reputation; so much so, we are up to No 2 position in radio stations talking about Mental Health. Today, we had listeners from Argentina, New York, Ireland as well as many from the UK. Listeners are now regularly sending in personal questions. It keeps me on my toes in not always knowing the questions in advance, so it is picking my brains on the spot, which is good, albeit a little nerve racking.

## EPS MODEL OF CARE IN ACTION

Yasmin's role is changing ever so slightly. Having had a very successful year at college with doing Digital Creative Media, she then had a stint of working as a Marshall for three different film productions! It was Warner Brothers though that hooked her in. The confidence has given her is surreal, as witnessed with dealing with the plumber, and an eye appointment as well as now choosing to be freelance. This will give her more freedom to work in and around her career on film sets, photography and the social media platforms she continues to do for both TMW and EPS. As a parent and as a clinician, I am very proud, but even more so as she is living proof of the EPS model of care.

## TMW BIRTHDAY

It is hard to believe TMW is approaching her 3rd Birthday! I remember opening the doors and going to work for CAMHS hoping John would be ok with working behind the scenes in liaising with clients and hunting down professionals that we might be able to work with. We really had no idea whether my idea would work, and we definitely did not think we would be working in partnership with 15 Local Authorities, soon to be 16. I think back to the hours I spent working in CAMHS and feeling a range of emotions from sad, upset, concerned, and frustrated. There were brief moments when I felt happy and ecstatic when I successfully supported a young person with school issues, or helped them identify what was causing the low mood and anxiety, but they were few and far between. So, raise a glass to celebrate that we have been successful from an idea that fermented in my brain, on to paper and then to reality of opening the doors. If nothing else, I am deeply proud of this achievement. It has been a tough year for so many clients, but there are many more who are still waiting for support from statutory services who we want to help, and hope to help.



Of course, I cannot take all the credit. There are so many people to say a BIG thank you, not least of all our extended family of clients, past and current. So many of you tell your relatives and friends as well as other professionals! Awesome! Let's not forget the professionals and parents who network with us directly and indirectly looking to work in partnerships, learning and spreading the news about TMW. Big thank you! However, the Non Executive Directors are incredibly as Gur-

dian Angels ensuring we are doing our best and upmost to keep TMW on the right path. Without them, I dread to think how TMW would look like? Then, of course, there is Yasmin and John who work behind the scenes ensuring you know about us through social media, as well as be the point of call to liaise with on most things whilst I am in clinic. They both are amazing in their own rights given my exacting demands where their only respite from me is when I am in clinic! Thank you all so much for voting with your feet and supporting TMW.

Have a great weekend everyone!

*Lavinia*