fpss.
Family Psychological Support Service

Here For You

We held sessions with Zephyr's staff to offer support around publication.

Themes discussed were:

- Practical details of review report publication and individual family feedback
- Capacity within Zephyr's and being closed to counselling referrals and how this feels to sit with
- Co-working with other services and FPSS to signpost people needing support alongside their Zephyr's involvement
- Personal links to the review itself, how to manage others sharing their experiences and acknowledging the personal impact of this
- The impact of increasing media coverage, including on young people
- Self-care and being mindful of the potential for vicarious trauma with exposure to difficult and distressing content

The Ockenden review report published on June 24th, this will be in person or via live link both by invitation to families. There will be significant media coverage. The parliament presentation is publicly available via Parliament TV, YouTube or BBC iPlayer. Individual family feedback will be sent out over the next ten weeks.

FPSS remain open for referrals for anyone in the review, open to all family members via self-referral or you can refer on someone's behalf. This can be done by email **enquiries@fpssnottingham.co.uk** or phone **0115 2001000**. We are also available to support any member of the Zephyr's team.

Further information including urgent help advice is available on our website www.fpssnottingham.co.uk.

Additional sessions will be available face to face at Anderson House on Monday 13th July 6:45pm-8:15pm or online Wednesday 15th July 5-6:15pm.