



“Time to Talk”

Time to Talk is a professional counselling service for children aged 6 - 11 years offered in a number of Primary Schools across West and North Wiltshire.

Children can self refer or be referred by a participating school.

Children at King's Lodge School say...



Sometimes I worry a lot about my family and friends. Time to Talk has given my ideas to help me feel better. I would tell my friends to go if they were worried.

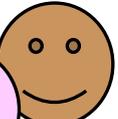


At Time to Talk we are listened to. We are also offered help and given ideas to help ourselves – it is great for advice.

I always feel better and happier after my session. I would tell my friends that my counsellor is good at comforting me if I am upset and crying – she lifts a weight off my shoulders.

It is really good to have someone to talk to. I started Time to Talk in Year 5 and it was good to know that I could still go in Year 6.

I often get worried about my mum and through Time to Talk I realise that things are not as bad as I sometimes make them. I am comforted and talking about things reassures me. It has also helped me share my



Time to Talk has explained how I can help myself when I am scared or worried. My parents aren't together and I worried a lot. I don't need to go now though because I feel happier. You can go to Time to Talk if you are cross or sad – any reason really and it helps loads.

Time to Talk has helped me get along in the playground more because my friends have gone too.

It has helped me share my problems so now when I get angry I count to 10. I still get angry but not as much and I now don't need to go to Time to Talk. I am not alone on the playground anymore either.



Sometimes I get angry at home.... Time to Talk has really helped me because I get ideas of more ways to stop being angry like squidding my toy Max. I was scared of the pool too but I have learnt how to breathe to calm me down. I would tell my friends Time to Talk can help when you have problems with your friends too.

I come out feeling much happier and have more ways of coping when I am worried. You can go to Time to Talk if you are cross or sad - any reason really - it helps loads.



I get worried about things at home especially my dad and brother. Time to Talk has let me talk about my worries especially because I was having nightmares. My counsellor reassured me that going to the doctors is safe. I have also got a dream-catcher now and my nightmares have stopped.