



Issue 1

# Bramfield House School WELLBEING NEWSLETTER



## Welcome! New Therapeutic Support Team

We're happy to welcome a new team of staff to Bramfield House who will be working with the school to develop and widen the schools expertise in Therapeutic approaches. Many of you will remember Liz Hart who worked at Bramfield House up until July last year before she moved into a more senior role in the company as the Psychological Therapies Lead for the Eastern Region, whilst Liz is based at Acorn Park she continues to provide consultancy on a range of issues relating to mental wellbeing. Along with Liz we have two new staff working with us to strengthen our offer in the areas of Occupational Therapy and Speech and Language Therapy. I take this opportunity to allow them to share with you a bit about their background and what they can offer to Parents, students and staff.

*Mark Jeffries, Assistant Head Precise inclusion*

Hi, My name is Liz, I've been part of the Company for seven years. Previously I worked within the CAMHS service both for Suffolk as the Out-Reach manager, supporting young people who were at risk of going into crisis and admission into hospital or support the discharge from hospital. I then took up a post within the Waveney CAMHS service specialising in ADHD and ASD, but also holding a small generic case load.

I qualified as a Learning Disabilities Nurse and a Mental Health Nurse, and have worked within the NHS both in residential and day services, as part of a behaviour interventions team. I have also worked for Social Care within the adult learning disability services managing and developing locally based day services and encouraging independence.



**Selina Wightman, Therapy and Wellbeing Lead and Speech Language and Communication Lead.**

My name is Selina and I joined the company in November 2020. My previous experience has been working in the NHS as a Highly Specialist Speech and Language Therapist for 21 years, in the field of autism spectrum conditions and other associated diagnoses. I have led the diagnosis and intervention part of the service working closely with other team members eg Occupational Therapy and CAMHS. In the last 4 years, I have worked with adults with autism spectrum and mental health presentations. I am a Dysphagia Therapist too, which is assessing and treating eating and swallowing difficulties. I am also a positive Behaviour Support Coach.

## Jemma Baker, Occupational Therapy Lead

My name is Jemma. I have worked at Acorn Park for 4 years and was appointed to the Occupational, Physical and Sensory Therapies Lead role in May 2020. I qualified as an OT in 2003 and have worked in a variety of physical and mental health services that have enabled me to bring a wealth of experience to the role. During my time at APS I have completed training in Ayres' Sensory Integration Therapy and use these skills to assess and support students' sensory processing difficulties in school and at home. Working in collaboration with my therapy colleagues, in therapy.



**4 Mindfulness QUICK activities to practice at home during lock down to relieve stress.**

**Embrace music - to switch up your mood**



Harness the mood boosting power of music by making your own playlists - one that helps you feel peaceful, one to help you



**Balloon belly breathing - to soothe**

Lie down somewhere comfy and imagine there is a balloon in your tummy. As you breathe in, imagine the balloon slowly inflates. As you breathe



**Visualise your safe place - to feel grounded**

Where are your favourite soothing places in nature? You can visit them anytime in your mind. You could write a journey to your calm safe place, describing with all your senses how it feels to be there.



**Warrior pose - for confidence and concentration**



Stand up tall with your feet wide apart. Turn your right toes out and press your left heel away. Bend your right knee deeply, stretch your arms out at shoulder height and make like a surfer. Hang ten for a few relaxed breaths, feeling the strength of your body, then shake out your legs and try it out on the other side. This is a great distractor from worried thoughts.



Hi, my name is Angela Pointer, I am the family liaison office at Bramfield House.

My role is to improve relations between home and school. Help with any issues that you may have in relation to supporting your children, both at home and in school. I work to encourage parental involvement within school, signpost to agencies (where appropriate) and support boys in school. Should you have a personal concern or school related issue, then I am here to offer support. I have access to a number of agencies who may be able to provide assistance to you and your family.

I am a contact for parents and families who have difficulties. These include issues around domestic abuse, housing, parental separation, attendance, health, social services, early years, police, counselling etc.

Any query, large or small or need a chat, I am here to help.

I liaise with all school staff where necessary and appropriate, always in the best interests of the boys and their families. I work impartially and confidentially in a non-judgemental manner, providing an understanding 'listening ear' if you ever need advice or support.

**My office hours are:**

**Monday-Thursday 8:00-16:00**

**Friday 8:00-15:00**

**Out of office hours you can contact me on my mobile, email or contact the school office and leave a message. I will endeavour to get back to you as soon as possible.**

**I can be contacted on:**

**Mobile - 07790 827738**

Email - [a.pointer@bramfieldhouse.co.uk](mailto:a.pointer@bramfieldhouse.co.uk)



## Looking for help with loneliness, mental wellbeing and staying at home ?

*DIY stress balls are so easy to make! All you need is a balloon and a filler like flour or rice and you end up with a super fun, super squishy stress ball that's perfect for busy hands!*

Blow up the balloon and then deflate it before you start. This stretches the balloon which makes it easier to fill it with the flour.



Pull the end of the balloon up over the end of a funnel

Carefully pour flour into the funnel. Shake the funnel back and

forth and tap the side of it to get the flour to go down into the balloon.

If the flour doesn't seem to go through the funnel, use a pencil or pen to push it through.

If the balloon is running out of space to add more flour, pinch the opening of the balloon closed, then use your fingers to press down the flour in the balloon right below the funnel. Press and shape the balloon down and outwards to make space for more flour.

Google and Parent Zone's free Legendary Learner Pack and Wellbeing Kit are full of fun and simple activities for families to **try at home**. Designed to reinforce learning from the first four pillars, promote an online/offline balance and **engage parents during remote learning**, they're ideal resources to share at the start of the new lockdown.



<https://parentzone.org.uk/legendarylearner>

**Every Mind Matters**

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

**NHS**

**change 4 life**

Bramfield House School is working with the change for life campaign to better inform boys about diet and nutrition and how to get active and stay active.

Our kitchen led by Top Chefs Tommy, Sharron and Hugh were offering healthy meals on our menu and increasing the amount fruit and vegetables in our boys diets.

You too can get involved in the change for life campaign by logging onto the campaign website ([https://](https://www.nhs.uk/change4life/recipes)



[www.nhs.uk/change4life/recipes](https://www.nhs.uk/change4life/recipes)) and taking part in the multitude of challenges and activities with your son and family.

There are healthy recipes, activities and ways for supporting you and your family to lose weight and get fitter.

In school this week we are trying out the healthy ham and coleslaw pittas and BBQ picnic recipes.

