

# All Things Therapy

## WHAT'S IN THIS TERMS ISSUE:

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## WELCOME

Written by Tash Oddy  
(Clinical Apprentice)

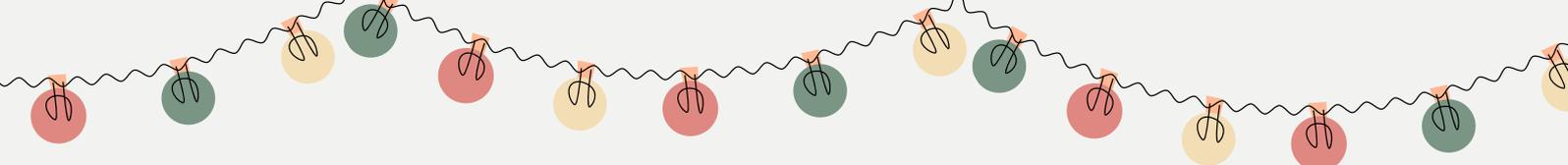
Welcome to 'all things therapy' - a newsletter from the Therapy Team at Bramfield House. Here we will keep you up-to-date with what we have been up to and forthcoming news.

Merry  
Christmas



## A NOTE FROM THE TEAM

As a team we have been working on the universal support that we provide. Our aim is to provide support that benefits all pupils. This term we have been completing Communication Profiles, Understanding Me profiles and My Sensory World Profiles for each pupil. We have also completed classroom audits because we believe that environment has a massive impact on pupils ability to learn and thrive.

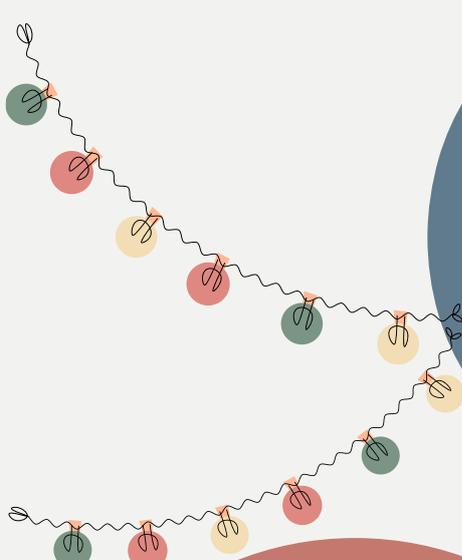


# Sessions in Progress

This term, pupils have engaged in various sessions including...

## Interoception

We all know about our 5 main senses: See, Smell, Touch, Taste, Hear. But did you know we actually have 8 Senses! We are currently delivering Interoception group sessions, learning about the signals our bodies send to the brain when we are hungry, tired, nervous and more! Elm class just finished their sessions, and they were amazing throughout.



## Healthy Mind Platter

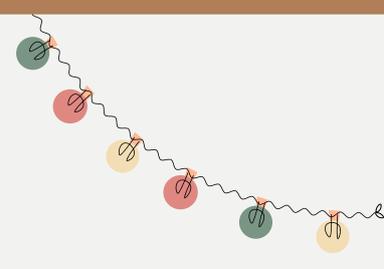
Sleep time, Physical time, Focus time, Time in, Down time, Play time and Connecting time. We have been delivering group sessions to understand the importance of a healthy and balanced lifestyle.

## Exam Prep

As exam season approaches, we have been delivering group sessions with strategies to settle nerves. Plus 1:1 sessions working on language and writing.

## Life Skills

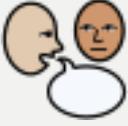
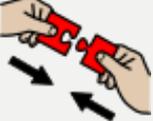
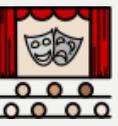
We are lucky enough to have our own 'homely' kitchen in the therapy suite. Lately it has smelt amazing with the life skills and cooking sessions taking place.



# Clinical Disciplines

Speech and Language Therapy	Occupational Therapy	Psychotherapy
El Taylor	Ashlie Meadows	Rachel Stock
Maddie Haddock	Tash Oddy	Kat Childs
Maddie Brand	Hanna Snailham	Debbie Balfour

## How we can help...

Speech and Language Therapy	Occupational Therapy	Psychotherapy
Communication 	Sensory Circuits 	Feelings and Emotions 
Lego Therapy 	Daily Living 	Talking and Listening 
Speech Sounds 	Co-ordination 	Creative 
Friendship Skills 	Handwriting 	Drama 
Body Language 	Zones of Regulation 	Psycho-education 

# What's New



## Misty - The Therapy Dog

Misty, our wonderful therapy dog, has been busy supporting students across the school. She's helped many students grow in reading confidence, offering a calm, friendly presence that makes reading feel fun and pressure-free. Misty also brings comfort through relaxing walks, cuddles, and gentle reassurance during busy school days.



# What's New

## Debbie - Psychotherapy

Thank you all for the warm welcome. In the short time I have been at Bramfield House, it has already been a real pleasure becoming part of the school community.

I am also learning very quickly that Bramfield has an impressive food culture! I like to think I'm skilled at helping others find healthy coping strategies, but when there's vanilla crunch nearby, my willpower is seriously tested... Colleagues tell me that developing the "Bramfield Belly" is something of a tradition, so I may be well on my way!

I will be working closely with the wonderful Kat, alongside our brilliant Occupational Therapists and Speech and Language Therapists, to support the emotional well-being and mental health of our students.

Before joining Bramfield, I worked for several years within a hospice service supporting children and young people through pre-bereavement and bereavement. Also, I spent time as a school counsellor in Harlow. These experiences have shaped my practice and reinforced my passion for working with young people in navigating difficult emotions and challenges.

Despite only being here a short time, Bramfield already feels very much like home. I'm looking forward to meeting more of you, working in partnership, and contributing to the nurturing and supportive environment that makes this school so special.

# Sensory Friendly Christmas



TIPS

- Christmas lights and decorations can be overstimulating for some individuals. Consider Christmas free zones in the home.
- Consider giving presents one at a time to avoid overstimulation.
- Christmas can be an exciting time for many of us with festive traditions and new routines. It's important to remember that some children rely heavily on structure and routine throughout their lives. Try to be mindful, thinking about whether they welcome this change and excitement or is it potentially overwhelming for them.

