

All things Therapy

WELCOME

Welcome back to 'All Things Therapy' - our newsletter from the Therapy Team at Bramfield House. Here we keep you up-to-date with what we have been up to and forthcoming news. Another full term complete!

It's been a busy term for the therapy team, and we are over the moon to have welcomed our new Lead Clinician, Michelle. We have been taking our therapeutic approach indoors, hiding from the weather, and taking walks when the sun has shown it's face. Occupational Therapy (OT) have been providing fine motor groups, life skills interventions and healthy mind platter groups, as well as dual working with psychotherapy and SaLt.

Speech and Language Therapy (SALT) have been focusing on vocabulary support, social communication groups using Social Thinking™, Lego club and Language for Behaviour and Emotions groups.

Psychotherapy have been busy delivering 1:1 interventions and with the arrival of our new Psychotherapist Debbie the team has been able to support even more students!

WHAT'S IN THIS TERM'S ISSUE:

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- Multi Disciplinary Working.
- School visits.
- Speech and Language Therapy
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- Make Aroma Dough .

We're delighted to share that Hanna and Tash, our wonderful Therapy Assistants, are making fantastic progress in their studies to become qualified Occupational Therapists. They are both achieving outstanding results, and we couldn't be prouder of their dedication and hard work. The knowledge and insight they are gaining through their studies are already proving to be a valuable asset to our therapy team. Their growing expertise is enriching their practice, enhancing the support they provide, and making their work with us even more meaningful. We're excited to see them continue to flourish in their professional journeys.

Please enjoy reading about all of the teams activities over the next few pages - it really has been a successful term.

We hope everyone has a lovely easter break!



Memory Magic – New Speech & Language Groups (After Easter)



After Easter, we'll be introducing a new intervention called Memory Magic. This is a short, practical programme designed to support students' working memory. This is particularly important for tasks like following instructions, remembering key points, and organising what they want to say. Memory Magic focuses on giving students simple, usable ways to support how they take in, hold onto and recall information in a way that works for them.

This group may be helpful for students who find it hard to remember verbal instructions, lose track of information part-way through a task or need support to organise their thoughts.

In the group, students will learn a range of techniques, called "tricks", to support their memory. These include: Focus, Rehearse, Group, Picture it, Map it, Link it, Your spell.

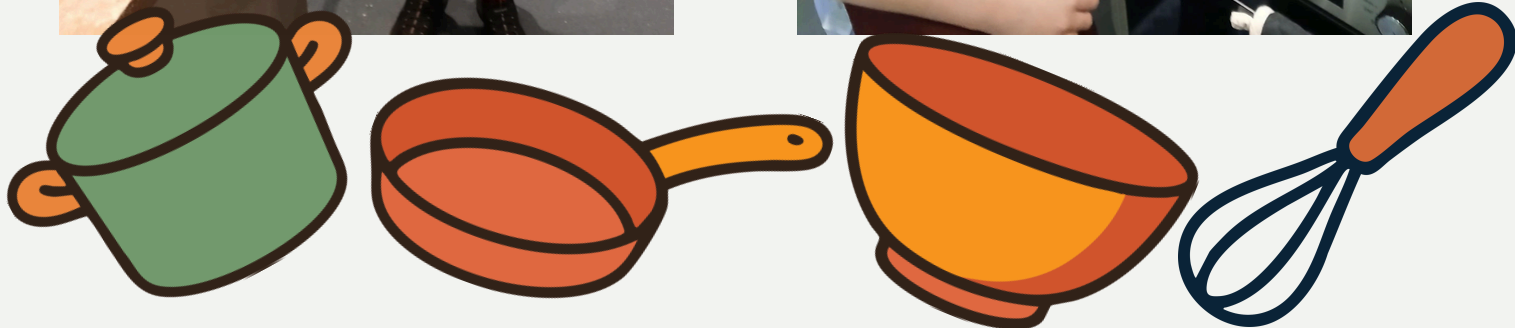
A key part of the intervention is helping students work out which tricks suit them best. Not every approach works for everyone, so the emphasis is on trying things out and building a toolkit they can use across different lessons.



Multi Disciplinary Working

Between the therapy disciplines there is overlap of topics and approaches. This term OT and psychotherapy have teamed up to provide targeted and personalised sessions that combine daily living activities alongside strategies to help manage anxiety and intrusive thoughts. The feedback from pupils has been positive. Physically completing tasks increases confidence and can help create a relaxed atmosphere to share thoughts and feelings.

The therapy kitchen has been particularly busy this term inc. pasta making, backing scones & cookies, making sensory aroma dough & soap, playing ready steady cook and even making food for the birds. This is a good opportunity to practice life skills inc. using appliances, reading and interpreting recipes, and of course, doing the clearing up.



School Visits.



Our clinical team recently had the opportunity to visit two other schools within the organisation: Heath Farm School and Medway Green School in Kent. During these visits, staff were able to meet members of the clinical teams, shadow their work, and explore a range of therapeutic and educational approaches in action. The team took part in forest school activities, observed equine therapy sessions, and spent time watching a variety of interventions and classroom-based work. They returned to Bramfield House School inspired, bringing back fresh ideas to help further enhance the support we offer our pupils.

We were also delighted to welcome the teams from both schools to Bramfield House. They commented on how welcoming and polite our pupils were and shared positive feedback about the learning environment here. They, too, left with new ideas to take back to their own settings. These exchanges have strengthened our collaborative practice and provided valuable insight into how we can continue to grow and develop as a school community.

Speech and Language Therapy

There will be some changes to the Speech and Language team from after the Easter Holiday's, Speech and Language Therapist Madeleine Haddock who has worked at Bramfield House School for three years will be reducing her hours to 1 day a week to support with the transition of leaving for a new school at the end of the summer term. Madeleine will continue seeing her 1:1 student's on her one day a week providing sessions on language and social skills support.

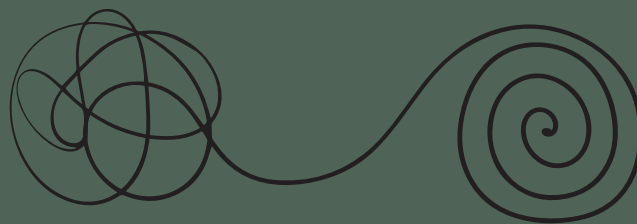


Psychotherapy at Bramfield

Psychotherapy at Bramfield - Psychotherapy is slightly different to the other therapies we offer in the clinical team. Psychotherapy offers evidence based treatment for symptoms of anxiety and/or depression. Whilst what is shared within sessions remains confidential between the therapist and the young person, we can share a little about how sessions are structured and approached.



Psychotherapy sessions can look very different from one young person to another but at the heart of the work, it is about creating a space where each young person feels safe and comfortable. This often means starting from what feels familiar and enjoyable to them. For some, this may be a cooking activity; for others, art, or simply a walk and talk. These approaches help to build trust and allow thoughts and feelings to be explored more naturally.



While sessions may vary in how they look, the focus remains the same — supporting each young person to feel safe enough to explore, understand, and process their experiences so that we can interweave the treatment plan for their symptoms. This can be a longer or shorter process depending on their needs but is consistently reviewed together with the young person and in the clinical team to make sure we are supporting their needs.

Make Aroma Dough this Easter

Ingredients

140 g Plain Flour
35g Salt
2 tbsp Cream of Tartar
1 Tbsp Vegetable Oil

100ml boiling water (more if too dry)
Food Colour
Essential Oil

Directions

1. Weigh and combine dry ingredients.
2. Weigh and combine wet ingredients.
3. Pour wet ingredients into dry ingredients.
4. Knead until smooth.
5. Add colour and smell & knead until incorporated.
6. Lavender can be calming, Peppermint can be energising,
Lemon can aid focus.

