



The Nebula Federation

Pastoral Team

'It's easier to build strong children
than repair broken men.'

Frederick Douglass



Nebula
where stars are born



PASTORAL
Team

Nebula Federation Pastoral Support and Therapeutic Interventions

Natalie Brown – Pastoral Manager

Natalie co-ordinates the pastoral support services and therapeutic interventions offered across the Nebula Federation. Her role includes assessing referrals and allocating them to the appropriate interventions, making referrals to and liaising with external agencies, offering support and guidance to members of the pastoral team, delivering 1:1 emotional wellbeing support for children, setting up and taking the lead role on FSP's where appropriate and working with parents. Natalie often takes on longer term cases or cases requiring holistic support for the family. Reasons for referral include family separation, low self-esteem, lack of self-confidence and/or resilience, anger management, bereavement, anxiety, self-harm, Child Protection or Child In Need and families with an FSP. Working with parents and families to provide support around a range of issues including attachment, parenting skills/approaches, low income/benefits/housing advice and attendance. Natalie is also able to run groups for parents focusing on parenting skills and building confidence.



Alice Stackwood and Amy Chenery – Pastoral Support

1:1 emotional wellbeing support for children. Alice and Amy work across the Federation providing support to children for a range of issues including parental separations, attitude to learning, bereavement, social skills, low self-esteem, confidence building, resilience, focus and anger management. Their work is targeted and can be shorter term. Alice and Amy will engage with parents where necessary, but the focus of their work is directly with the children. The sessions will be based around the desired outcomes of the referral and the child's interests. Support programmes are tailored for each child and are adapted accordingly. Alice and Amy work creatively using a range of resources in order to capture the children's attention and engagement.

Lilly Beatson – Family Support

Lilly has a wealth of experience working with children and families who are in vulnerable situations. The main focus of Lilly's work is providing therapeutic services to improve positive outcomes. By ensuring families are listened to and informed Lilly can direct them to various agencies for further support. Her qualifications in Wellbeing and Mindfulness enable families to benefit from the right level of help. This can include support with implementing rules and boundaries, accessing support for domestic violence or bereavement and facilitating conversations between children and their families. Lilly is also a fully qualified Forest School leader providing children with the opportunity to learn through nature which increases self-esteem, confidence and life skills.

Cathy Fiddy – Mindfulness and Play Therapy

Cathy runs Mindfulness sessions for 7 weeks either with groups of up to 4 children or 1:1. The sessions are 30 minutes in length and are experiential. Each child is invited to cultivate their mindfulness practice through mindful breathing, bodies, listening, exploring emotions, feelings and thoughts, gratitude, loving kindness – to self and others, engagement of their 5 senses and mindful eating. Mindfulness is about being aware of your present moment experience, as it arises, in a non-judgemental way. Accepting your experience as it unfolds without trying to change it. Some of the benefits of mindfulness are; cultivation of a sense of awareness, an increased sense of calm and focus, ability to notice and regulate emotions and noticing/allowing thoughts to pass-by without attachment. Each child is invited to complete a mindful journal which they are welcome to take home after the 7 weeks if they choose to.

Cathy is a fully qualified Play Therapist and offers this service to children within the Federation. The level of support is the same as children would receive from CAMHS but by providing it ourselves we are able to avoid huge, unrealistic waiting times. Play Therapy is a longer-term intervention and as well as working with the children, involves in depth assessments with parents before and at intervals throughout. This is a high level of support which helps children process trauma that they have been exposed to in their lives.

Charlie Charlie One

The Charlie Charlie One programme draws on the values and skills of ex-Forces personnel to inspire young people to achieve at school. It includes; team building, problem solving challenges, team sports, outdoor pursuits, first aid and navigation skills. This programme is offered across the whole federation and is delivered in groups – usually to Year 5 pupils.

Parent Guided CBT

Several staff members across the federation have been trained to deliver Parent Guided CBT. This is an intervention that was created by Cathy Creswell and guides parents to deliver CBT to their children. The focus of the intervention is to support children who have an anxiety disorder. Natalie can identify children and parents who would benefit from this intervention through referrals in to the Pastoral Team. Parents are then invited to access the intervention through one of the trained members of staff. This is a new intervention and we are excited to be taking part in a research project to measure the impact of delivering it through schools. Once completed we will continue to offer Guided Parent CBT as part of our pastoral support offer.

Rebecca Heron – Counsellor

Rebecca is a qualified counsellor and works 1:1 with children at some of our schools. She is able to tailor her approach to the needs of the child and is aware that each child is completely individual as are their circumstances. She plans a programme of support for each child and this can be adapted where necessary. Time spent with Rebecca is hugely beneficial to children as it gives them a safe space and opportunity to talk and process their experiences.

Nurture Groups

Nurture groups are facilitated either by teachers, support staff and sometimes by members of the Pastoral Support Team. These groups are designed to bring children together to explore issues such as friendships, low-confidence, anxiety. By working together in a small group, children recognise that they are not alone, and they are able to share experiences and ideas.

Sensory Circuits

Some of our schools offer children the opportunity to engage in sensory circuits sessions. These sessions provide a sequence of activities which are done repeatedly and provide the child with the right type of sensory input in order to calm and organise them for the day ahead ready for learning to occur. These sessions really help children to regulate and are most effective either at the start and/or end of the school day. Some children require sensory breaks more frequently throughout their days and these can be facilitated by support staff.

YMCA

Our partners at the YMCA offer 1:1 support to children in school as well as parenting and family support. The work carried out is tailored to the needs of the children and focuses on their interests. Work with parents can be adapted according to need and aims to empower them, in turn improving outcomes for children and their families.



