



Nebula Federation Pastoral Support and Therapeutic Interventions

Natalie Brown – Pastoral Manager

1:1 and/or small group based emotional well-being support for children. Natalie often takes on longer term cases or cases requiring holistic support for the whole family. Reasons for referral include family separation, low self-esteem, self-confidence building, resilience, anger management, bereavement, anxiety, self-harm, children with a Social Worker or families with a Family Support Plan.

PSA – working with parents and families to provide support around a range of issues including attachment, parenting skills/approaches, low income/benefits/housing advice, attendance. Natalie also runs groups for parents focusing on parenting skills.

Alice Stackwood – Pastoral Support

1:1 emotional well-being support for children. Alice works across the Federation providing support to children for a range of issues including parental separation, attitude to learning, bereavement, social skills, low self-esteem, confidence building and anger management. Alice's work is targeted and generally more short term where appropriate. Alice is able to engage with parents where necessary but the focus of her work is with the children directly.

Cathy Fiddy – Mindfulness and Play Therapy

Cathy runs Mindfulness sessions with small groups. 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 also a Play Therapist and is able to offer this intervention if required.

Kathy Rutland – Confidence Through Craft at Old Catton Junior

Kathy works 1:1 with children once per week working through a range of issues such as low self-esteem, self-confidence, anxiety, self-belief. Kathy's work with children focusses on arts and crafts and is led by each child. She uses the time to get to know the children and to talk through issues which are tricky. Kathy asks the children to assess where they are currently and what they can do to get themselves to a better place.

Positive Play at Old Catton Junior

1:1 or small group work based around building positive relationships, understanding social cues, building friendship skills, improving self-confidence and self-esteem. Experienced support staff work with children once per week and will facilitate games, arts and craft activities, work through targeted work books etc. Positive Play can be both long and short term depending on need and children's responses. Support is tailored and child led.

Nurture Groups

Most of our schools run nurture groups which aim to support small groups of children and focus on various issues. Nurture groups are designed to help children build skills and resilience and focus on various issues such as transitions, building self-confidence and self-esteem, friendships etc.

Sensory Circuits

Sensory circuits which are a great way of helping children focus at the start of the day or to bring focus back toward the end of the day. Sensory circuits help promote motor skills and can also help children to connect with the learning process.