

*Specialist education services in Asperger's Syndrome
(high-functioning autism) and complex needs*

Cambian Whinfell School

Male | 11 - 19 years | Up to 52 weeks | Day and residential placements





"Outstanding" - Ofsted

The Cambian Group is one of the largest providers of specialist services in education, health and care for children in the UK. We provide services for over 2,400 individuals across 250 services, we work with 140 public authorities and employ more than 6,000 people.

Although our work embraces many specialist disciplines, it is united by a common purpose: To actively enable each and every one of the people in our care to achieve their personal best, however it is defined by them or for them.

Everything we do is directed towards achieving this aim.

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Cambian Whinfell School

Welcome

Thank you for taking the time to find out more about Cambian Whinfell School. I understand that the decision to choose specialist education and residential care for your son will have been reached with a great deal of thought and soul searching.

At Whinfell our first priority is to make our students feel safe, happy and secure in their new environment. We work hard to create a calm, therapeutic environment which feels as much like home as it is possible to be. With your son settled into the Whinfell family he will engage fully in education and the other myriad experiences that we can offer. Working with him – and with you – we will make big changes.

We deliver the full national curriculum to our students, and in a supported, caring way we challenge them to be the best they can possibly be.

While we individualise timetables as much as we can, most of our young men will gain at least 8 GCSEs and many go on to study A levels or NVQ Awards. They can do this either with us or at Kendal College with whom we have excellent relations.

We aspire for all of our young men to be able to live independent or semi-independent lives in the community once they leave us. Academic qualifications are important so that our leavers can successfully enter employment or higher education when they do eventually leave, but equally crucial is the development of independence, self-esteem, social and communication skills. We do this by supporting all our boys to access work experience, by fostering links with other schools and by getting involved with community events. Older boys can make a natural progression to full independence through graduating to our 'independence house' where they are supported to take full responsibility for their own daily living.

Under-pinning all of this is the multi-disciplinary nature of the school. All staff are trained in working with youngsters on the autistic spectrum and boys' individual needs and strategies are identified by a team of educational psychologists, occupational therapist and speech and language therapist.

We are a 10 minute walk from the centre of Kendal but we are also on the edge of the Lake District. The boys are therefore never isolated from the community but also benefit from all of the advantages the Lakes have to offer. All boys have a weekly Therapeutic Outdoor Learning session which can be anything from canoeing to rock-climbing, caving to mountain-biking and in their spare time they access local clubs and do activities such as sailing on Windermere.

I hope this prospectus gives you a good insight into the outstanding standard of education and care we provide for young males with Asperger's Syndrome and high-functioning autism. I am immensely proud of the boys and the staff that we have. I think we are a unique provision and would encourage parents (through local authorities) to visit our school and see first hand what we can offer.

If we can be of any further assistance, please feel free to contact us. I look forward to meeting you in the near future.

Chris Constance
Principal,
Cambian Whinfell School



Student Profile

Cambian has a heritage of delivering 'Outstanding' education and care for students with high-functioning autism and other complex needs.

All of our schools and transition services are rated as 'trusted providers' by Ofsted and 'clean and green' by CQC.

Cambian Whinfell School offers 38 and 52 week residential placements alongside a small number of day placements for boys aged 11 to 19 years old with Asperger's Syndrome / high-functioning autism and accompanying difficulties. Some of our students arrive having been in specialist schools or autism specific provisions while others have been in mainstream school or come directly from home. Unfortunately many of our young people may have gone through multiple placement breakdowns before they get to us.

We offer a highly therapeutic environment and seek to understand the reasons for each young person's behaviour. The environment is supportive yet challenging.

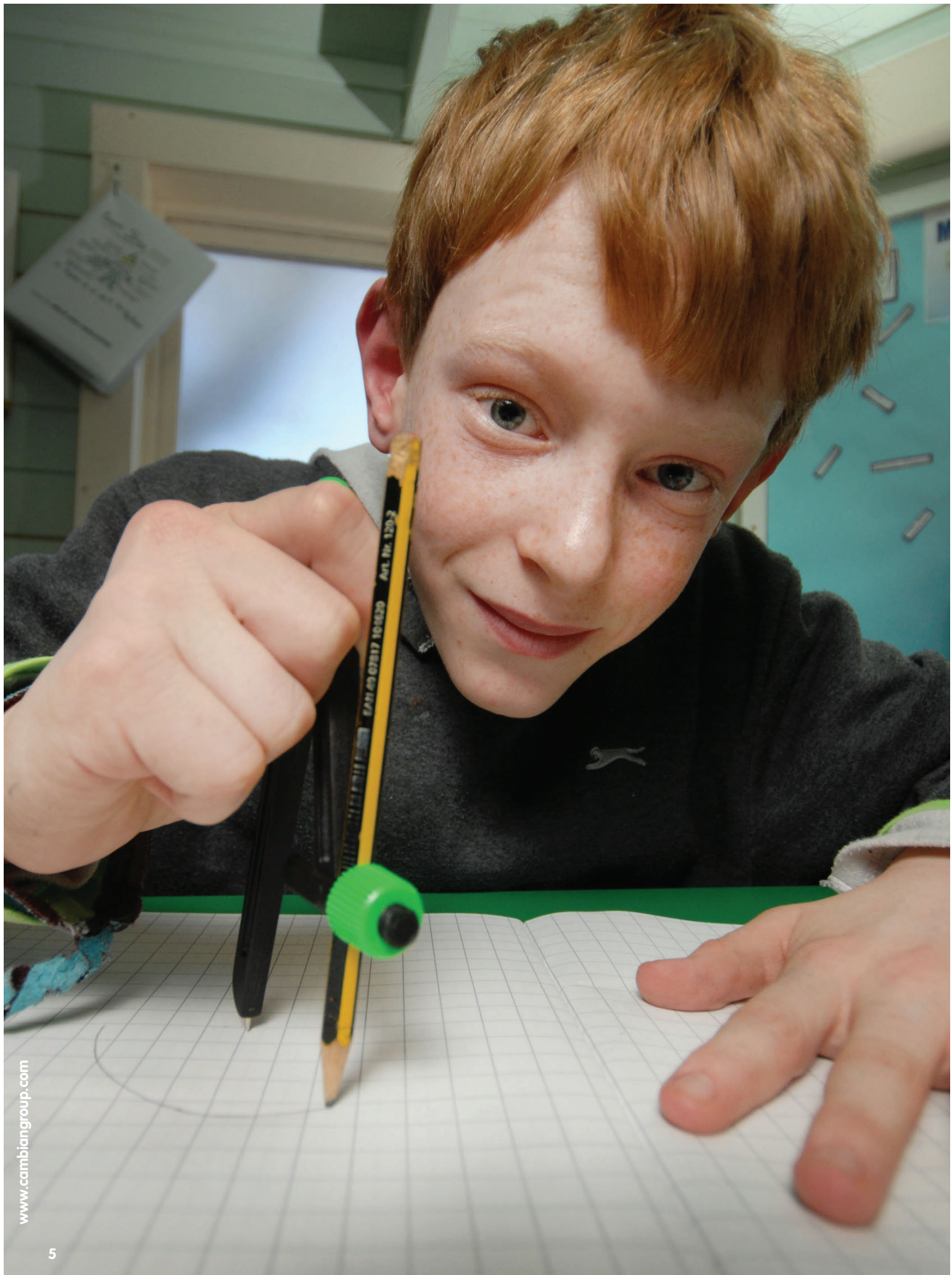
The school prides itself on the range of specialist support services within the multi-disciplinary team who play a fundamental part in planning and implementing

the learning experiences of our young people. We have an occupational therapist, speech and language therapist, educational psychologist and assistant psychologist on our staff team. We aim to draw out the potential in each young person and work alongside them to discover and nurture their strengths.

Student profile

- ✓ Male, ages 11-19yrs
- ✓ Primary diagnosis of Asperger's Syndrome or high-functioning autism and associated conditions including ADHD and PDA
- ✓ May have mild to moderate learning difficulties
- ✓ Complex needs and associated challenging behaviour
- ✓ Often multiple exclusions and placement breakdowns
- ✓ A history of school refusal, periods of time out of school and may have experienced previous admission to a CAMHS (Child and Adolescent Mental Health Services) inpatient unit
- ✓ Specific learning difficulties such as dyslexia and dyspraxia
- ✓ Issued with an Education, Health and Care Plan or Statement of Special Educational Needs





Our Approach

The environment is structured, stable and secure with well-planned routines aimed at reducing anxiety and confusion.

Cambian Whinfell School

Our aspiration is for all of our young people to be equipped with the skills to fulfil their potential and be able to live happy, independent, or semi-independent lives in the community.

Cambian Whinfell School provide individual care and education to the highest standard. Our aim is to allow young people to develop their maximum potential and to learn coping strategies for life as an adult with Asperger's Syndrome / high - functioning autism.

Our approach is based on the belief that children and young people with an autistic spectrum disorder do not make progress if left alone. Students are guided to reach their potential with consistent, fully informed and appropriate intervention.

The environment is structured, stable and secure with well-planned routines aimed at reducing anxiety and confusion, whilst supporting decision-making and awareness of potential risks and dangers.

Each young person can increase in confidence and build self-esteem through the progressive achievement of realistic individual goals and targets. Once a student is secure with us, we will support and challenge them to move out of their comfort zones and develop the life skills necessary for future success.

Teaching and Learning

Cambian Whinfell's curriculum is designed to enable our young people to build self-esteem and achieve their full potential.

The school day is structured and active, including many opportunities for physical activity and therapeutic input. All of our classes are small; no more than three students and a one to one staff ratio where appropriate. Students have individualised timetables which are informed by their education, health and care plan (EHCP) or statement of special educational needs (SEN) and by an understanding of their own individual learning style. Where necessary staff are skilled in using a wide range of visual supports and prompts.

Autism specific awareness is central to the delivery of teaching and learning and all students have Individual Learning Plans (ILPs) which are regularly reviewed.

Our students all access the national curriculum and most sit at least 8 GCSEs, some accessing the highest grades.

We also offer a wide range of accredited courses through ASDAN (Award Scheme Development and Accreditation Network).

Post-16 students may remain within the school to continue their studies and we can currently offer A levels in English, maths, creative writing, geography, chemistry, and art.

We also have excellent links with a local FE College where with students can be supported to not only access a wider range of opportunities but also become used to working alongside peers in a busier, more mainstream environment. This can be an important milestone independence and bolsters self-esteem.

Some students will attend on a part or full-time basis depending on their choice of subjects or even as an evening course.

For some of our young people to avoid 'falling off the edge' at 16 and to continue to be academically challenged so that they achieve their full potential, the college link is really important.

Our young people have access to the following subject areas:

- ✓ English language
- ✓ English literature
- ✓ Creative writing
- ✓ Maths
- ✓ Science/electronics
- ✓ Food and nutrition
- ✓ DT
- ✓ Geography
- ✓ Humanities (Geography, History, RE)
- ✓ Computing
- ✓ Art
- ✓ P.E
- ✓ Foreign language
- ✓ Personal- centred development
- ✓ Therapeutic outdoor learning
- ✓ Personal social health & citizenship education (PSHCE)
- ✓ Work experience
- ✓ Quiet therapy space





In our curriculum

Therapeutic Outdoor Learning

Therapeutic outdoor learning is one of the cornerstones of Cambian Whinfell School.

Therapeutic outdoor learning (TOL) is one of the cornerstones of our curriculum at Cambian Whinfell School. It is a vital element in 'grounding' the boys so that they fully engage in the wider programme of education and personal development.

TOL involves the use of the outdoors as a central part of our provision. The activities we use may be anything from adventurous 'outdoor pursuits' (canoeing, climbing, mountain-biking, caving etc,) through to working on our allotment, on local farms or in the National Park. All activities are very closely linked to each young person's ILP targets as described in their EHCP or in their SEN Statement.

Sessions are often specifically informed by the therapy team and may be designed to enhance areas such as communication skills, collaboration and expressive language or may focus on developing motor skills, core stability or coordination, for example.

Alongside this we recognise the immense psychological benefits for our young people of spending time in the outdoors. It is a great environment for developing risk awareness and, in a carefully supported way, of pushing students out of their comfort zones without unduly raising anxiety.

Psychological benefits of therapeutic outdoor learning (TOL)

Research evidence increasingly suggests many benefits of spending time in the natural world for young people's psychological and physical well-being, including:

- ✓ Reduced stress
- ✓ Better concentration
- ✓ Improved feelings of well-being
- ✓ Independence
- ✓ Problem solving skills
- ✓ Self discipline
- ✓ Team work
- ✓ Development of social skills

Students at Cambian Whinfell School enjoy TOL, which in itself is reason enough for participating. The benefits as described above have a positive impact on their engagement with classroom based learning where they demonstrate improved confidence and better independent learning skills. Through engaging in TOL, young people develop positive relationships with each other and the adults who support them. They enjoy a wide range of adventures which provide a useful collection of shared experiences which they recall and talk about together long after the events have taken place. Engaging in TOL highlights strengths and abilities and ensures that all of the young people at Cambian Whinfell School experience success.

Dr Joanna Simm EdPsychD PGCE CPsychol AFBPsS

Chartered Educational Psychologist

Associate Fellow of the British Psychological Society

E-STEP 'lite'

Typical Profile of a young person coming to the placement

- Male : 11 to 19
- Day/Residential placements
- Primary diagnosis : Autistic Spectrum Condition
- Cognitive abilities within normal to moderate range
- Secondary: congenital conditions/mental health conditions/ physical health conditions/ associated learning difficulties
- Additional potential risk around mental and emotional health such as self-harm, self-neglect, sexualised behaviours, violence and aggression, offending and substance misuse, undiagnosed mental health problems, CSE,
- May be step down from in-patient service or have forensic history
- Numerous placement breakdowns
- They may also be disengaged from education with low attendance and attainment in education
- They may be disengaged within care setting and/or socially isolated
- Low functioning in community

The main aims of our programme:

Provide stable placement that enables young person to engage with education through:

- Reduce risk with increased awareness
- Reduce other associated risks and improve their psychological and emotional well-being
- Support young people in education safely with 24 hours of attendance
- Support them towards independence in the community for positive transition to adult life

Length of our programme:

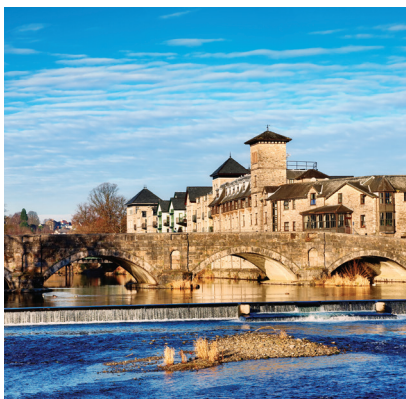
Educational placement up to the age of 19

The Journey

<p>Stabilisation (0-3 months)</p> <p>CAP: 0 to 30</p> <p>Phase to understand and motivate engagement</p>	<ul style="list-style-type: none"> - Work with the home staff to help the young person to settle in their new environment - Support the development of the initial risk plan and draw an individualised programme - Summarise the young person's journey until now to formulate the needs whilst assessing them in-situ - Will be involved in all the initial meetings and establish a shared understanding of the goals <p>Outcomes expected: motivated to engage in therapy and education and care, identifying social network and risks stabilised</p>
<p>Strengthening (as soon as stabilisation ends to 6 to 9 months or more)</p> <p>CAP: 30 - 70</p> <p>Phase of building skills</p>	<ul style="list-style-type: none"> - The young person is supported to work on their risks and difficulties - The therapist will use one to one interventions, TAC meetings, supervision and consultation to staff, being involved in de-briefs as needed - The work will be direct and indirect so that every aspect of the young person's life is therapeutic and safe <p>Outcomes expected: developed Insight, risks are reduced, building positive social network, active participation in education and community, able to manage their emotions, increased independence and confidence in their own ability to manage themselves in the community</p>
<p>Transition (the last 3 months of the young person's stay in the placement)</p> <p>CAP: 70 - 100</p> <p>Phase of moving on</p>	<ul style="list-style-type: none"> - Enabling the young person to use the strategies learnt to gain independence from the therapist and the staff team - Support the young person along with the home and education staff to make their choice for the next move <p>Outcomes expected: reach potential in independence in the community, able to manage their education/ vocation, social network, emotions and risk and have a personal support plan for next setting.</p>

Our Environment

Cambian Whinfell School is located on two sites in the picturesque town of Kendal, Cumbria.



Our main building is in two Victorian houses with a large extension. This forms both home and a school with purpose classrooms. We strive to create a homely environment for our young people where they feel safe, comfortable and valued. Young people will initially move into the main house until they reach 16 when they can have the opportunity to move into our off-site four bedroom 'independence' house at Kendal Green which is only 200m away.

Any move will be dependent on the needs and development of the individual young person but we aim for all our young people to transition through Kendal Green. This gives those approaching adulthood a chance to further develop independence and life skills, readying them for life beyond Cambian Whinfell School.



Family Contact

At Cambian Whinfell School, we work together in partnership with parents, ensuring a joined-up approach to care.

Prior to a student arriving at our school, we encourage family visits so that the familiarisation process can begin, not only with the surroundings, but also with the staff who will be directly involved with their son's care and education.

Once a student is established with us, parents are encouraged to keep in close contact with the school via our dedicated phone line to discuss progress.

Some of our students and their families have had traumatic experiences and breakdowns in the family home. If this is the case we work with them and their family, slowly progressing them into day and then weekend home visits when the time is right.

At Cambian Whinfell School we have a very settled staff group which means many parents remain in close contact with the same staff members during the duration of their son's time with us.







Today

Charlie gained GCSEs in maths and English and an ICT level 2 diploma, the equivalent to four C-grade GCSEs. He completed long-term work experience placements at a local animal sanctuary and conservation trust, represented the school in various competitions including football and was part of a team that came runner-up in the national final of the Consumer Challenge competition. He also joined a local youth club and gaming society.

At 17 Charlie was supported to attend Kendal FE College where he successfully completed a full-time Level 2 course in animal care alongside gaining AS level creative writing at school and regularly attending a work experience placement at the local zoo. Having completed his studies and before leaving school Charlie took part in a college trip to Kenya where he worked at an elephant sanctuary and helped build a school for orphaned youngsters.



What's the future like for Charlie

The future is bright for Charlie. He has a well-developed work ethic and is highly regarded by everyone he comes into contact with. His social skills and self-belief have improved remarkably and he is sufficiently robust to be able to live independently. He has a part-time catering job alongside developing his own dog-care business. He is a well-rounded young man of whom we are very proud and in addition to his other achievements he has developed a love for the outdoors, is in the process of finishing a novel and even writes poetry! We stay in touch and he occasionally comes back to school to inspire the other young people.

“Through our emotional regulation programme we were able to cultivate strategies that worked for Charlie, and we saw his anxiety levels steadily decrease.”

Chris Constance (Principal)

Community Links

Our students make full use of the resources we have in Kendal to develop recreational, social, living, work and independence skills in a real-life setting.

Other existing community links include:

- ✓ Gyms
- ✓ Leisure centre
- ✓ Golf club
- ✓ Church youth club
- ✓ Army Cadets
- ✓ Dance classes
- ✓ Taekwondo
- ✓ Squash club
- ✓ Jui-jitsu
- ✓ Gaming workshop
- ✓ Music workshop
- ✓ Rugby club
- ✓ Fell-running club
- ✓ Athletics club
- ✓ Climbing wall
- ✓ Nearby lakes
- ✓ Cinema
- ✓ Restaurants and cafes
- ✓ Kendal 6th Form College
- ✓ Work experience opportunities
- ✓ Weekend activities

The school is keen to encourage active links with the community and will ensure that young people are offered every opportunity to integrate into the activities of local groups, whether on or off site. Our older students are also involved in a variety of work activities around Kendal and its surrounding towns and villages.

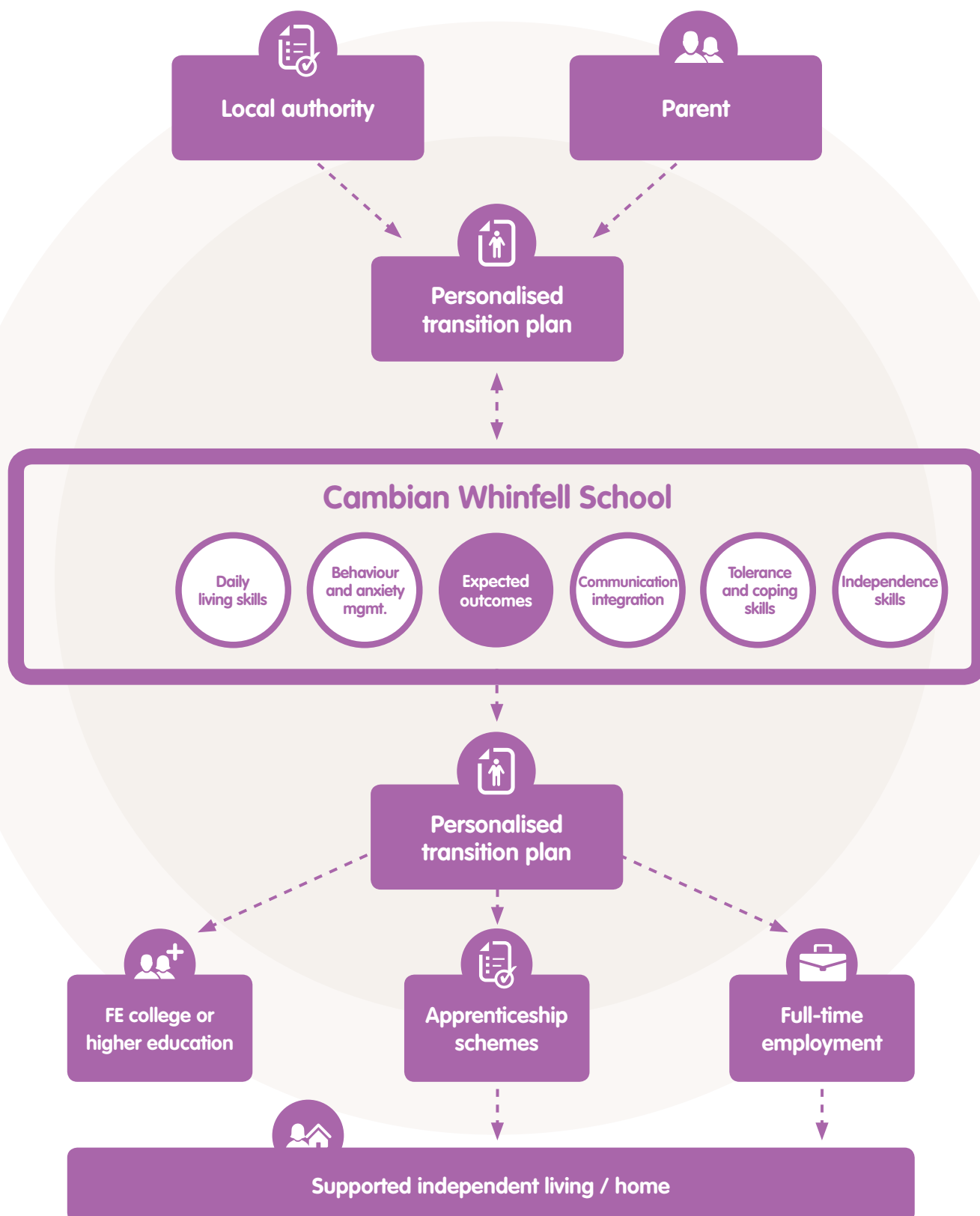
Our students are encouraged to continue their learning while they venture out into the community.

For example, we have no squash court on site so those of our boys who wish to play squash are supported to join Kendal Squash Club, book a court, pay on arrival and play in public, which helps their confidence, communication and interaction skills.



Transition pathway

We focus on developing education, life and vocational skills that support a successful transition into adulthood.



Securing your child's future

For more information about Cambian Whinfell School, the staff and an in depth look at their curriculum, services, outcomes and approach head to www.cambiangroup.com.

Key Policy documents

Our policies are available at www.cambiangroup.com/governance and can be requested in print by contacting us on **0800 138 1184**.

To arrange a free assessment or to discuss a referral in confidence, please call us on **0800 138 1184** or email education@cambiangroup.com. Cambian assessments are conducted free-of-charge by a team of dedicated assessors.

Enrolment

In order to consider whether Cambian Whinfell School may be the correct placement, the principal and senior staff carefully examine the statement of educational needs / education, health and care plan, and other relevant background information of the prospective student. Once this is complete, if the senior managers at the school feel there is a possibility of offering a place, we will meet with the student and family to carry out an assessment. On conclusion of this a decision will be made to decide if the school can meet their needs.

Before admission, families are invited to visit the school so that everyone is familiar with the building and routines and has a chance to meet the staff. This gives parents the opportunity to see if the school is suitable for their child.

To initiate the assessment process, Local Authorities and/or social services departments make formal requests for placement. Parents should involve their Local Authorities at an early stage to ensure that visits by educational psychologists or other professionals can be arranged to ascertain the appropriateness of the school for each prospective student.



Additional information

Our policies can be requested by contacting us on 0800 138 1184 or by emailing education@cambianguroup.com.

Safeguarding statement

The parents of students at Cambian Whinfell School should be aware that the school has a duty to safeguard and promote the welfare of their pupils. This responsibility necessitates a safeguarding policy and the school may need to share information and work in partnership with other agencies when there are concerns about a child's welfare. This policy on child protection is in accordance with the locally agreed inter-agency procedures and Hampshire Child Protection procedures. The policy also complies with guidance from the DfE and the Local Safeguarding Children Board (LSCB). The school recognises it is an agent of referral and not of investigation.

Anyone can make a referral to children's social care, if necessary. The designated safeguarding lead (DSL) for the school is Tracy Booth and the deputy DSL is Huw Davies and Chris Constance.

Complaints procedures

We know there will be times when students, carers, parents or placing authorities will want to give us feedback about our school and we will always be happy to hear from you. If you feel that you would like to make a suggestion, let us know about

something you were pleased with, or tell us we did not meet your expectations, please contact the school via the contact details at the back of this prospectus. A complaints procedure allows for both formal and informal complaints.

Informal complaints will be dealt with quickly, while formal complaints can be made in writing. Our full complaints policy is available from the school on request. This policy is designed to help you raise concerns and ensures your complaint will be listened to and dealt with fairly. Should you wish to take your complaint further or if you feel you are unable to discuss the details with the school, please contact the director of education via the contact details at the back of this prospectus, especially if your complaint relates to the school leadership.

The proprietor

The proprietor can be contacted at the following address during both term time and holidays:

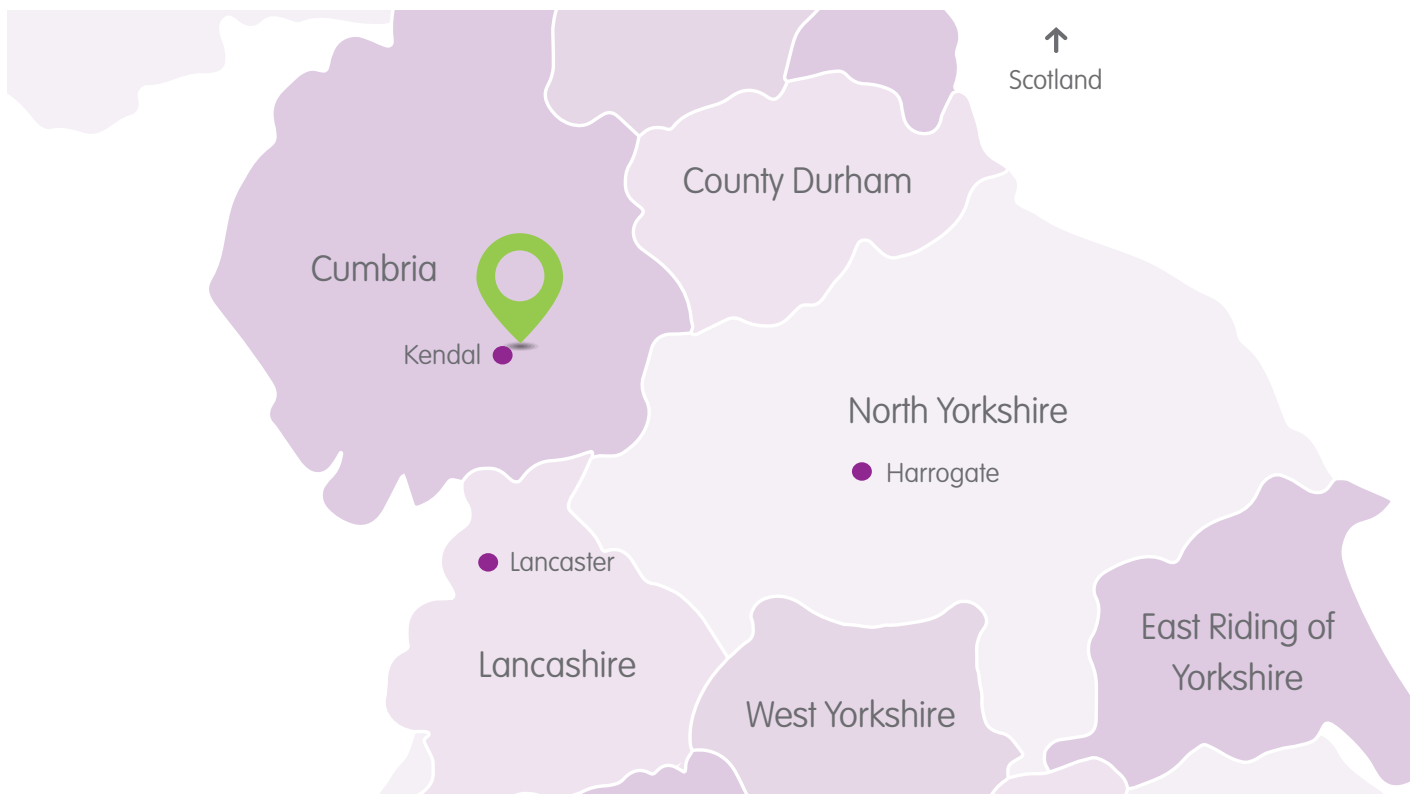
The Cambian Group, The Waterfront,
4th floor, Waterfront, Chancellors Row,
Hammersmith, London, W6 9RU.

Telephone: **0800 138 1418**

Email: **education@cambianguroup.com**



Cambian Whinfell School



How to find us

By rail

Cambian Whinfell School is located just 1 mile away from Kendal Rail Station.

By car

Cambian Whinfell School is located just off the A5284 which links with the A591 and A6.

To receive an application pack or to discuss a referral in confidence, please call us on **0161 507 3723** or email **ccs.referrals@cambianguroup.com**

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-  [@Cambian_Group](https://twitter.com/Cambian_Group)
-  linkedin.com/company/cambian

www.cambianguroup.com

