



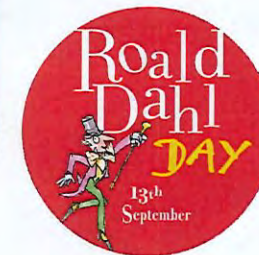
August 2025 Newsletter

The Forum School



Upcoming Events in September

- 1st -5th– Zero Waste Week
- 1st – Snack-tember
- 6th – Read a Book a Day
- 8th - International Literacy Day
- 9th – Teddy Bear Day
- 13th – Roald Dahl Story Day
- 19th – Talk like a Pirate Day
- 20th – Red Panda Day
- 22nd – 28th – Recycle Week
- 23rd – International Day of Sign Language
- 26th – National Teaching Assistants' Day & McMillan Coffee Morning
- 27th – International Rabbits Day
- 30th – World Maritime Day



Wishing you a bear-y
Happy Teddy Day.
Let's promise to
solve our problems
with cuddles and
always be there for
each other.



Upcoming Events in September

2025

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 World Letter Writing Day Competitions for YP to Enter	02 Arts & Crafts - Indoor Arena Competitions for YP to Enter	03 Competitions for YP to Enter	04 Arts & Crafts - Indoor Arena Competitions for YP to Enter	05 Competitions for YP to Enter	06 Treehouse Activity Centre 15.30 - 17.30	07
08 Accession of HM King Charles III Competitions for YP to Enter International Literacy Day	09 Arts & Crafts - Indoor Arena Competitions for YP to Enter	10 World Suicide Prevention Day Competitions for YP to Enter	11 Arts & Crafts - Indoor Arena Competitions for YP to Enter	12 TFS Cinema - Theatre Competitions for YP to Enter	13 Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	14
15	16 Arts & Crafts - Indoor Arena	17	18 Arts & Crafts - Indoor Arena	19 TFS Cinema - Theatre	20 Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	21 International Peace Day
22	23 International Day of Sign Languages Arts & Crafts - Indoor Arena	24	25 Arts & Crafts - Indoor Arena	26 TFS Cinema - Theatre	27 Shillingstone Station Café - Meet at blue gates 13:30 DISCO in the theatre	28
29	30 Arts & Crafts - Indoor Arena	01	02	03	04	05



The Forum Stars!

Shout out a staff member that has gone above and beyond for a young person, yourself, your team or the school.

Email Forum.Stars@cambiangroup.com with a sentence about why a colleague is amazing and they'll be entered into a draw. There will be 4 winners. 1 from Care, 1 from Education, 1 from Nights and 1 from everyone else! The winners will receive a £10 Love2Shop voucher and Employee of the month for your department!

Upcoming Birthdays



September

Amy Dawson
Jane Holloway
Mark Barnett
Grace Gardiner
James Adams
Honest Gororo
Hannah Everard
Emma House
Daniel Meeting
Deepa Mathews
Melissa Lockyer
Michael Metu
Samuel Alike
Anna Davies
Melissa McCarthy





On 09.08.25 Carissa helped me enter my art work in to a competition at Chertsey Show, I made a dream collage, and a picture of A wildlife Garden Design. My collage came first and I got highly commended for my picture





Carissa helped me enter my sunflower in to a competition that she was attending at Chertsey agriculture show.



I came second yay!





On 20th August D and A went to Snowtrax. Both boys were given helmets to put on. D watched what other children were doing and went to get his Ringo and he pulled it into position eager to get on. He zoomed down the track, smiling all the way. At the bottom again he watched other children and followed pulling his Ringo back up the traveller and going around again; three times.

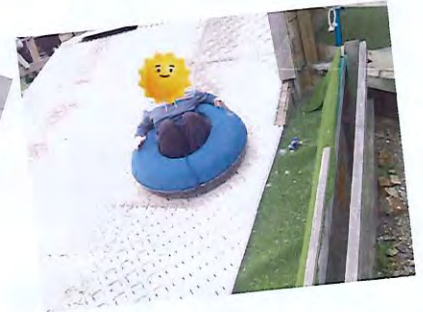
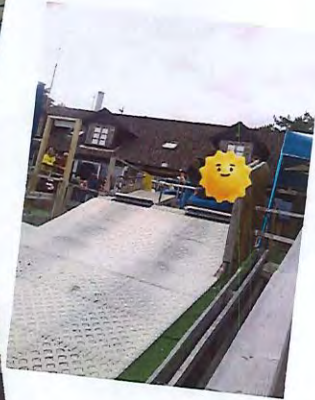
A got into his Ringo and was guided to hold on to the handles of his Ringo. He zoomed down looking a little surprised at what had happened. He was asked if he would like to go again but asked for snack instead. Everyone then went off to the café for cakes and a drink.

What was especially amazing was that D and A participated just like everyone else there.

Certainly, they would like to do this again!



snowtrox
alpine activity centre



Out and About



Out and About





Shopping Success



Trampolining fun!

Weekly trampolining has been a fantastic summer activity, bringing everyone together for fun and active moments. It provides a fun, engaging way to exercise, improving balance, flexibility, and overall physical fitness. Beyond the physical benefits, it's a great regulation activity, helping everyone release energy and experience freedom and joy.

Thank you to everyone who came to the sessions.

From the Therapy Team



Therapy Fun Day



✧ Space Adventure Yoga Morning ✧

We kicked off our very first yoga session with a cosmic twist! The space was separated into calming zones with blankets and gentle music, while on the road we chalked a space trail – “From Earth to Saturn” – with challenges like hopping onto rockets, jumping between stars, and following a wiggly line through space. Throughout the morning, six young people joined us (a little quieter than usual as the Cottage crew were off exploring Chessington!). One student even stayed for the whole session, making the most of every activity. It was fantastic to see everyone giving something new a try – whether that was balancing on stilts, sculpting aliens out of playdough, or fishing colourful sea creatures from the jelly tub.

We also enjoyed some parachute games with a weighted ball (a brilliant workout for those arm muscles!), fine motor challenges, and story time – with a couple of students listening to two or three stories in a row.

To keep everyone energised, we shared healthy snacks of apple, carrot sticks, and breadsticks, along with plenty of water to stay cool under the warm sun.

✧ The best part? Watching our young people stretch their imaginations, build their skills, and most importantly – have fun together!

A huge thank you to everyone who came along,
From the Therapy Team

Thursday 21st August 2025

THERAPY FUN DAY

10.30AM -12.15PM

MOVEMENT, MUSIC, PLAY, STORIES AND SNACKS

WHAT'S ON

10.30 Yoga

10.45 Alerting play (i.e. Sensory circuits, throwing & catching games)

11.15 Calming games and play (i.e. Lego, bubbles, chalk)

11.45 Sensory Story

12.15 Finish

Location

IN THE GROUNDS NEXT TO THE FLAG POLE OR IN CASE OF
BAD WEATHER IT WILL BE HELD IN THE SPORTS HALL

Therapy Fun Day





Principal Stars



JH

Today you managed to evacuate during a fire drill. This has been something you have been struggling with this year. You have been reviewing your social stories and today you managed it. We are all very proud of you!

Well done 😊

JCv

You went into the gym today for the first time and had fun on the bouncy castle!

Well done 😊

JH

You are making amazing progress with transitions. Keep up the great work

Well done 😊

SSI

What amazing artwork. We are so proud of you for entering the art competition and winning!!!!!!!!!!!!!!

Well done 😊

JH

Well done on another amazing achievement during your recent shopping trip. You were able to choose your items and pay for the shopping.

Well done 😊



Stable News: New Outdoor Learning Classroom



We are thrilled to announce that we can now use a classroom for our outdoor learning activities.

The science and enterprise room will now also be used as an outdoor learning classroom.

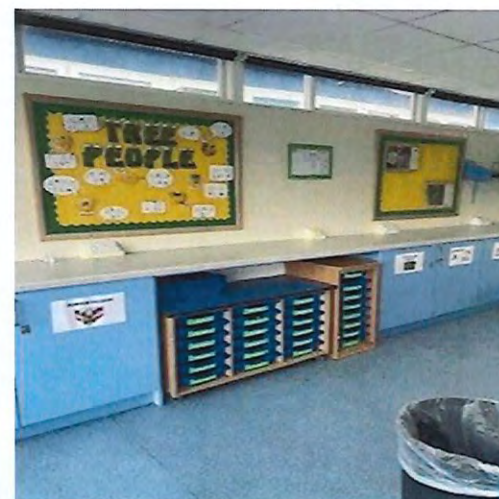
In order to learn, we will always be outside taking in the fresh air as much as possible, but occasionally we must stay indoors due to weather issues, craft-making, or other reasons.

We have previously used the Indoor Arena but it was becoming more difficult, as we still needed to use it as a priority for horse riding and our 1-1 sessions.

We hope you agree that we have put a lot of effort into creating a fantastic environment for the students to continue creating their amazing work.

Want to see what it looks like? Turn the page!

New Outdoor Learning Classroom





NOMINEES FOR EMPLOYEE OF THE MONTH



Hattie Higgins
Namitha Boss
Becky Howorth
Claire Legg
Paul Odey
Michael Metu

Amanda (AJ) Brown
Claire Dominy
Hattie Higgins
Amanda (AJ) Brown
Claire Legg
Honeybell Okuonghae

Bridget Townsend
Yadu Kulambil
Carissa Ealson
Melissa McCarthy
Julie Walker

Jemma Grove
Oliver Handibode
Gissun Jose
Chloe Beevers
Paul Kerby

*Keep Up the
Good Work!*



CONGRATULATIONS – EMPLOYEE'S OF THE MONTH!



Education



Amanda (AJ) Brown

Core



Jemma Grove

Care



Becky Howorth

Nights



Namitha Boss



Shout Outs!

Shout out to *Melissa McCarthy,*

I am writing to express my deepest appreciation for the incredible professionalism, warmth, smiles and dedication you consistently extend to both colleagues and the young people we work with.

Your humility, friendliness, kindness, and unwavering support for all colleagues regardless of background or experience, it's an inclusive and positive atmosphere that many of us truly admire and are grateful for which makes the team stronger and more united.

In particular, I want to commend you for the way you go above and beyond to support immigrants, making sure they feel welcomed, valued, and empowered to contribute our best to the community.

Mel, you are not only a colleague but a true pillar of strength and encouragement within Forum School. Your presence is a blessing to the entire community.

I also want to sincerely thank you for celebrating my Level 3 Diploma qualification with me and also nominating me for the employee of the Month for July. I was truly honoured to receive the recognition, and it means even more knowing it came with your support. Thank you for believing in me.

Once again, kindly accept this as a token of my appreciation for everything you do. Your leadership and compassion make a significant difference every day, please keep it up.

From *Michael Metu*

Food Explorers

Exciting New Foods for September

Bridget and I have been planning and researching the next Food Explorers groups for the upcoming term. We have adopted the theme 'Woodland Foodies' incorporating seasonal and festive elements 🍁 🍂

And of course, we will be dressing up again as carrot and apple this time 🥕 🍏

To enhance the YP experience in food explores group, we have found resources we would like to purchase which we think will support the sessions. Sessions are planned up to October half term, but we anticipate sessions will continue up to Christmas with further festive and seasonal fun!

Woodland Foodies

Food explorers group

These sessions will start on 10th September and be led by the OT and SaLTa: (Aka Bridget & Jemma)

Sessions will take place under the blue umbrella, next to the Nest or in case of bad weather in the therapy room (behind the music room)

Sessions will be adapted to reflect the ages of the pupils: The schedule is below.

Date (Wednesdays)	Lesson plan	Book of the week
10 th Sept	🍏 Welcome to the Woodland Focus Food: Apples (varieties: red, green, cooked, raw)	
17 th Sept	🥕🍂 Harvest Colours Focus Food: Carrots, beetroot, squash	
24 th Sept	🥕🍂 Crunchy textures & woodland sounds Focus Food: Pears, celery, crispy kale	
1 st Oct	🍂 Forager's Feast Focus Food: Blackberries, elderberries, hedgerow fruits	
8 th Oct	🍂 Woodland Picnic Focus Food: Bread, cheese, fruit, veg sticks (low-prep, calm foods)	
15 th Oct	🍂 Spice & Smell Focus Food: Cinnamon, nutmeg, ginger	
22 nd Oct	🍂 Celebration & Sharing Focus Food: Favourites from past sessions - Bit of a party!	

Class list

🍂 Firefly 9.45 - 10.15am 🍂 Badger 10.30-11am 🍂 Kite 11-11.30am 🍂
🍂 Kestrel 11.45-12.15pm 🍂 Dragonfly 1.30-2pm 🍂 Swift 2.15-2.45pm 🍂

Outdoor Learning

Dates for your diary

August term 1 – It's a bug's life

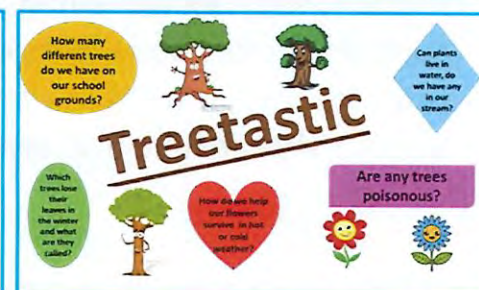
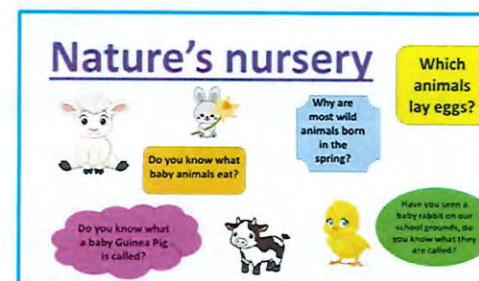
August term 2 – Forest Feast

Spring term 1 – Wild Weather

Spring term 2 – Natures Nursery

Sumer term 1 – Field Folk

Summer term 2 - Treetastic





The Forum Farm

Hi.

We are a very busy team of two at the Forum Farm that consists of myself - Renea, I am the animal lead and a qualified animal assisted therapist and Sam, who is my right hand woman and is the animal therapy assistant. I would like to introduce you to the many ways we work with the students here at the Forum School. We currently have two horses, eight guinea pigs, three rabbits and a bearded dragon and we are based on a 28 acre site.



We have a very busy timetable including student 1-1 sessions, outdoor learning, lunchtime club, after school activities, we also encourage drop in sessions at any time. We have our 'Guinea Pig gang' where students can sit with the guinea pigs. This has two bucket seat chairs, a bookcase and fairy lights. Our 'Warren' has our rabbits. There is a table for students to work at, as well as homemade rabbit games for them to play!



SVU PNG DEP

The Forum Farm... Continued

We have four different curriculum-based courses, all of these have 12 stages to complete and each stage is broken down into 10 bite sized achievable sections. When the students complete a stage, they are presented with a booklet and certificate acknowledging their achievements.

Horse Riding – This is for students to experience our horse-riding sessions which helps to improve their core muscle groups, coordination, balance and sense of wellbeing.

Yard Management – This is designed for our students who are not keen on riding the horses but enjoy the yard environment. They learn skills such as feeding, grooming and basic first aid for all of the animals in our care.

Equine Adventures – Some of our students enjoy being around the horses on the ground rather than riding them. This allows students to learn about care of equines and how to interact with them. This is the students first steps into horse care and leads onto Stable Management.

Stable Management – This is similar to Equine Adventures however it focuses more on the horse's health and wellbeing, including tack care, vet responsibilities etc.

Outdoor Learning

We believe that outdoor learning has a valuable impact on our students learning and there has been many studies that place a high importance on its many positive values including social skills, special awareness, ownership of work and overall mental wellbeing. We have designed a yearly planner that ties in with our curriculum, with myself and Sam working closely with the teachers and T.As. It has also enhanced our wider community ties with local businesses donating some of our supplies and creating a wider community spirit.



Thank you for allowing us to show what we do here at the Forum School Farm, we are always busy and exhausted but we do have a great time here. If you would like any more information please do contact us at any time. Renea and Sam xxxx
Renea.Gascoigne@cambiangroup.com Samantha.fry@cambiangroup.com

Drop in sessions

Some of our students from time to time need a place to reflect or relax. They are always encouraged to visit whenever they feel the need to and we have found that some of our students like to just pop in to say hello to either myself and Sam or the animals. It is always nice to see the students on the yard and we understand the importance of them being able to do so.

Lunchtime Club

This is our latest idea for the yard and we wanted to give our students a place to blow off some steam or be creative and make different art/crafts. It is held in the indoor arena every day and is for all students to drop in as they wish.

After School Activities

Our indoor arena is always accessible to our residential students. Mondays are our sensory play activities and Wednesdays are for arts and crafts, however, we are happy for any student to enjoy the facilities at any time.

Smartbox Academy Training

This training is an excellent opportunity to stay updated with the latest practices and tools. This will contribute to our professional growth and the success of implementing AAC devices into the school and homes. I will attach the plan, parents/families are welcome to participate in the training as well, the modules are free, all they need to do is sign up 😊

Smartbox training plan

All 5 modules for adults to complete

1

	Title	Start date	Completion date	How long to complete	After completion	Link
1	Introduction to AAC (FC01): knowledge check and certificate	Monday 28 th April	Friday 23 rd May	45 minutes	Download certificate of completion and send to Claire/Alice to be put on Myrus as evidence.	Smartbox Academy
2	Intro to Grid for iPad (SC16): knowledge check and certificate	Monday 2 nd June	Monday 30 th June	40 minutes		
3	Developing communication partner skills (FC09): survey and certificate	Tuesday 1 st July	Thursday 31 st July	1-2 hours		
4	AAC in the classroom (PC03): 3-4 hours, knowledge check and certificate – important for all staff as this provides valuable learning resources	Monday 8 th September	Friday 3 rd October	3 – 4 hours		
5	Creating classroom grids with grid for iPad (FC06) – important for all staff as this provides valuable learning resources	Monday 6 th October	Friday 31 st October	4 – 5 hours		

Speech & Language Focus of the Month



This month we are focusing on AAC. AAC stands for 'Augmentative and Alternative Communication', which encompasses all forms of communication (other than oral speech) used to communicate thoughts, needs, wants, and ideas. For example:

- Sign
- Gesture
- Body language
- Emails,
- Electronic device
- Texting
- Choosing boards
- Symbols
- Writing
- pictures



To support you, Smartbox offer free online mini courses which are very helpful to get you started or to refresh your skills. At Smartbox academy you can sign up and have the choice of online courses. I recommend:

- Introduction to AAC (FC01)
- Introduction to Grid for iPad (SC16)
- Developing communication partner skills (FC09)
- Short course – Personalising Super Core in Grid for iPad (SC04)

Time for these courses range from 40 minutes to 2 hours, you can download a certificate of attendance at the end if you wish too.

Use this link to direct you to the academy sign up: [Free online AAC training on Smartbox Academy \(thinksmartbox.com\)](https://thinksmartbox.com)

Key things to remember:

- Learning a new language takes time, it can take months to years.
- Allow time for exploring
- SHOW – before we can expect someone to use a symbol to communication (paper based or electronic) we have to show them how.
- MODEL, MODEL, MODEL in all situations and environments
- Be Interesting: follow a YP interests (films, books, songs, TV shows etc), sensory and play.

A study of young children who were learning to communicate showed that 20% of what they communicated was requests.....so what about the other 80% (Smartbox, Simple AAC, 2024)

Fun Activities for August

Balloon Tennis:

Balloon tennis is a fantastic gross motor activity for young children. It keeps both their attention and large muscle groups actively engaged as they work to hit the balloon back and forth with a partner. Not only is it simple and inexpensive to set up, but it also supports physical development and coordination in a playful, low-pressure way.

Gross motor activities involve movement of the large muscles in the arms, legs, and torso, helping to build strength, improve coordination, and develop spatial awareness.

Classic Ways to Play Balloon Tennis:

Basic Rally: Children hit the balloon back and forth with their hands, trying to keep it from touching the ground.

- Counting Challenge: Players count how many times they can hit the balloon before it falls. Great for practicing number skills!
- Alphabet Game: Each player says a letter of the alphabet (or a number) before hitting the balloon. This reinforces literacy and math skills.

Alternative and Creative Ways to Play:

- Use Rackets or Fly Swatters: Replace hands with paper plate paddles, plastic rackets, or fly swatters for added fun and to promote grip strength.
- One-Handed Challenge: Try playing using only one hand to build coordination and balance.
- Knee or Head Hits Only: Add a twist by only allowing hits with knees, feet, or heads for extra gross motor development.



Fun Activities for August

Water Tray Exploration

Water trays are a versatile tool for developing sensory processing, fine motor skills, and early scientific thinking. Setting up a simple tray or shallow container filled with water provides an engaging, calming environment that encourages play-based learning.

One way to use the water tray is by introducing a variety of materials for the child to explore. Such as

- Pom-poms – These create a fun visual contrast as they absorb water and change texture, supporting tactile exploration. <https://amzn.eu/d/jexwEsI>
- Shells or smooth stones – Natural materials provide different sensory experiences and can be used for sorting, counting, or imaginative play.
- Small plastic toys – These are great for pretend play and for experimenting with floating and sinking.
- Plastic cups, scoops, and ladles – Ideal for developing hand strength, coordination, and bilateral skills as children pour, transfer, and scoop.

This activity allows the young person to naturally engage in scientific exploration by observing which objects float and which sink. It also encourages language development as they describe what they see and feel, and supports attention and regulation through the calming properties of water play.

For additional therapeutic value, I may introduce challenges such as:

- Asking the child to predict whether an object will float or sink before placing it in the water.
- Using tongs or tweezers to pick up wet pom-poms to develop fine motor control.



Fun Activities for August

Picnic

Picnic is a versatile activity that combines food preparation, outdoor exploration, sensory play, and creativity. Young people can collect natural items for art or science, and engage their senses throughout the experience. If the weather is poor, an indoor picnic with a blanket fort can provide a fun, calming alternative—especially beneficial for children with sensory sensitivities.

Action:

- Make sandwiches and chop up carrots or fruit to take (think about healthy, crunchy foods to create with the and make with young person)
- Let them pack and carry the bag
- Build a den to eat in!



Painting

Finger painting is a fun and engaging activity, especially for young people who enjoy messy play. It allows them to express creativity by making their own artwork or using pre-designed templates like the Autumn Finger Painting Activity (link below). These ready-made animal outlines encourage children to mix their own colours and carefully apply paint with their fingers, helping to develop fine motor skills and hand-eye coordination. Matching colours and placing prints in the right areas adds an extra layer of challenge and learning. Autumn Finger Painting Activity

Fun Activities for August

Water balloon target practice: The Water Balloon Target Game is a fun, active outdoor activity that helps develop hand-eye coordination, motor planning, and can be easily adapted for different age groups or abilities.

Here's how to play:

You will need: Water balloons and some Chalk <https://amzn.eu/d/3vfNTpq> <- water balloons link

Set Up Targets

Create one or more targets at various distances. You can draw circles on the ground with chalk, use large buckets, place paper bullseyes on a fence, or set up numbered zones for different scores.

Choose Throwing Spots

Mark throwing lines at different distances based on the child's ability. You can make it more challenging by increasing the distance or by giving fewer balloons for each round.

Take Turns Throwing

Each player takes turns aiming and throwing a water balloon at the target.



Create a button caterpillar

You will need: Some green buttons : <https://amzn.eu/d/auqyyD8> Some card: <https://amzn.eu/d/fGPpWtp> and some PVA glue: <https://amzn.eu/d/0Chpitv> and finally, the essential: <https://amzn.eu/d/fWHk45e> Googly eyes!

It's fun to incorporate creative craft activities to support the development of fine motor skills, and this caterpillar craft is a great example. I've provided some green card that the young people can use to draw or decorate leaves for their caterpillar to rest on. We then dab small spots of glue onto the card—this encourages precision and control—and invite the children to place buttons on top to form the caterpillar's body. Some may enjoy stacking or layering buttons to create a more textured, playful effect, which adds an extra challenge for hand strength and coordination.

Finally, the children can use pens to draw on the caterpillar's feet and antennae, completing their design. This activity is excellent for developing fine motor control, pincer grasp, hand-eye coordination, and creative expression—all while having fun. It may be fun to explore the gardens around the school to see if you can spot any caterpillars!

Fun Activities for August

Playdough Fish

Print off the fishbowl template and, with your young person, create colourful fish using playdough. Add beads, glitter, or small pasta pieces for extra fun and texture, then take a photo to share your creative work!

Benefits:

Fine Motor Skills: Shaping and manipulating playdough strengthens hand muscles and improves hand-eye coordination.

Creativity: Encourages imagination through colourful designs and decorative elements.

Sensory Exploration: Engages tactile and visual senses with the textures and colours of the materials.

Cognitive Skills: Supports problem-solving and spatial awareness as they arrange their fish.

Emotional Expression: A fun, relaxing way to express creativity and build confidence.

Social Interaction: Encourages collaboration, sharing, and turn-taking when done with others.

This simple yet fun activity promotes creativity while developing key skills for young children!

Playdough : <https://amzn.eu/d/7YTorQm>



Create fish for your little fish bowl



Fun Activities for August

NO BAKE: Creamy Frozen Fruit Cups (Makes approx. 12 small portions)

Ingredients:

225g cream cheese, softened

100g caster sugar (or granulated sugar)

1 small jar (280g) cherries, drained and chopped (recommends maraschino, but they aren't to everyone's taste!)

1 small tin (312g) mandarin oranges, drained

1 small tin (225g) crushed pineapple, drained

Pine nuts (These are a substitute because they are not actually nuts)!

225g whipped topping (e.g. dream topping made with milk)

Fresh mint leaves (optional, for garnish)

Instructions:

Prepare the fruit: Drain the cherries, mandarin oranges, and pineapple well to avoid excess liquid. Chop the cherries into smaller pieces.

Mix the base: In a large mixing bowl, beat the softened cream cheese with the sugar until smooth and creamy.

Add the fruit and nuts: Gently stir in the drained fruit and pine nuts.

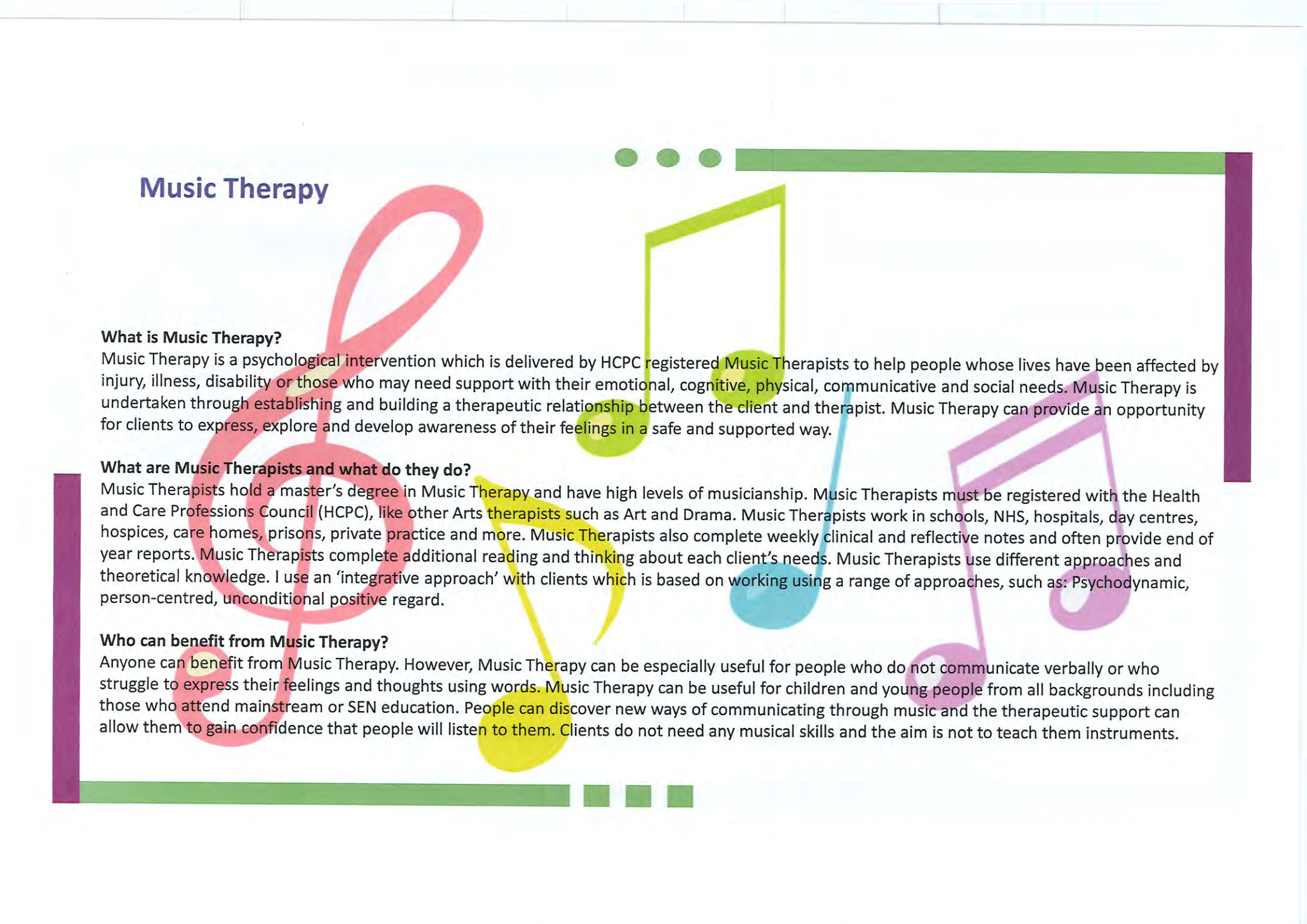
Fold in the whipped topping: Carefully fold in the whipped topping until everything is evenly combined.

Portion and freeze: Spoon the mixture into silicone muffin cases, paper cupcake cases in a muffin tin, or small plastic cups. Freeze until firm (at least 3–4 hours, or overnight).

Serve: Let the frozen fruit cups sit at room temperature for 5–10 minutes before serving so they soften slightly. Garnish with a mint leaf if you like.



Music Therapy



What is Music Therapy?

Music Therapy is a psychological intervention which is delivered by HCPC registered Music Therapists to help people whose lives have been affected by injury, illness, disability or those who may need support with their emotional, cognitive, physical, communicative and social needs. Music Therapy is undertaken through establishing and building a therapeutic relationship between the client and therapist. Music Therapy can provide an opportunity for clients to express, explore and develop awareness of their feelings in a safe and supported way.

What are Music Therapists and what do they do?

Music Therapists hold a master's degree in Music Therapy and have high levels of musicianship. Music Therapists must be registered with the Health and Care Professions Council (HCPC), like other Arts therapists such as Art and Drama. Music Therapists work in schools, NHS, hospitals, day centres, hospices, care homes, prisons, private practice and more. Music Therapists also complete weekly clinical and reflective notes and often provide end of year reports. Music Therapists complete additional reading and thinking about each client's needs. Music Therapists use different approaches and theoretical knowledge. I use an 'integrative approach' with clients which is based on working using a range of approaches, such as: Psychodynamic, person-centred, unconditional positive regard.

Who can benefit from Music Therapy?

Anyone can benefit from Music Therapy. However, Music Therapy can be especially useful for people who do not communicate verbally or who struggle to express their feelings and thoughts using words. Music Therapy can be useful for children and young people from all backgrounds including those who attend mainstream or SEN education. People can discover new ways of communicating through music and the therapeutic support can allow them to gain confidence that people will listen to them. Clients do not need any musical skills and the aim is not to teach them instruments.

Music Therapy

What happens in Music Therapy sessions?

I usually offer three assessment (taster) sessions to people who have been referred to Music Therapy to ensure that it is the most appropriate psychological intervention. Music Therapy sessions can include playing music together using instruments, listening to music, song writing, talking art, play. Just like other therapies, it can take time for people to become familiar with the Music Therapist and with the sessions. Music can also prompt or encourage talking and discussions. Music Therapists use music to help people achieve therapeutic goals. There is no requirement for people to 'be musical' or 'good at music' or 'know how to play an instrument' to engage in Music Therapy. Music Therapy sessions are completely confidential unless a disclosure is made that poses a high risk of harm/injury to the client or to other people.

What are the benefits of music therapy?

Music Therapy is creative and playful in its nature which can encourage people to express themselves in alternative ways rather than just talking. Music Therapy can help people improve their self-confidence and build on their awareness of themselves and others by feeling listened to. There are many aims and benefits to music therapy which can include (and not limited to) the following:

- Developing communication skills
- Increasing confidence
- Enabling self-expression
- Feeling heard and valued
- Developing social skills
- Working through difficult emotions
- Developing a sense of identity
- Increasing autonomy and choice
- Addressing behaviours that challenge

Movement with Mel

**FUN AND
LAUGHTER
GUARANTEED!**

Once a month Mel we will be delivering a Movement session in the theatre for all young people and adults to attend. This is a great opportunity to get everyone together for co-regulation, movement, fun and laughter.



 Movement with Mel
 Hello
 Okie Cokie song
 Macarena song
 Superman song
 Cha Cha slide song
 Finished
  look at Schedule

Wellbeing Wednesday

On the last Wednesday of each term we are having a Wednesday wellbeing session for the education team.
We also played a game and had a good laugh



This week is Mental Health Awareness Week (12th-18th) and I thought I would share some links that were shared with the wider clinical team today, please take the time to have a look:

[Mental Health Awareness Week 2025](#)

[Mental Health Awareness Week 2025 - Mental Health UK](#)

[Children's Mental Health week 2025 and Mental Health Awareness week 2025 - BBC Bitesize](#)

[Mental Health Awareness Week 2025 - Mind](#)

[Mental Health Awareness Week 2025 toolkit of resources](#)





Staff Discounts

<https://www.bluelightcard.co.uk/>

Discount service for the emergency services, NHS, social care sector and armed forces - [£4.99 for 2 years](#)

Members of the Blue Light community can register for access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones, and many more.

<https://discountsforcarers.com/>

Carer & Care Worker Discounts – [sign up for free](#)

Exclusive discounts, cashback & vouchers for Carers & Care Workers.
For care assistants, live-in carers, those that care for loved ones, and everyone in between.

<https://www.discountsforteachers.co.uk/>

Teacher & Education Staff Discounts – [sign up for free](#)

Exclusive discounts, cashback & vouchers for Teachers & Education Staff.
For teaching assistants, headteachers, administrators, and everyone in between.

<https://www.carerscarduk.co.uk/discounts-for-carers>

Your carer ID card unlocks access to a wide range of online discounts, savings, benefits, perks and offers, for carers. - [£8 for 2 years](#)

Our team constantly work on creating partnerships with big name brands so that we can provide carers with discounts on all aspects of life, from food to fashion, fitness to electrical, technology to travel, home utilities to entertainment and much more



Staff Discounts Continued

<https://carers.org/grants-and-discounts/carersmart-discount-club>

Joining is simple and [free](#). And once you're a member, you'll be able to benefit from a wide range of offers, including:

- Cash back on shopping from numerous high street retailers
- Reductions on insurance renewals
- Discounts on holidays and travel arrangements
- Reduced price lifestyle activities
- Free and discounted legal advice services

<https://www.frontlinestaffdiscounts.co.uk/>

Frontline Staff Discounts is [FREE](#) to all Members, we charge no fees to join & never will

We aim to save you and all of our members as much money as possible on all of your purchases online.

<https://www.teacherperks.co.uk/>

[Free](#) membership for school staff and schools to access incredible perks from high street brands and edu-suppliers.

Staff Discounts

Employee Benefits Platform

Take savvy shopping to the next level



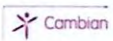
Download the FREE Pluxee UK Discounts App to your phone to start making even more savings!



Search Pluxee UK Discounts in your App Store or scan one of the QR codes.




Visit www.cambiangroup.co.uk
Call 01908 503 531




Employee Benefits Platform

Save up to 6.5%

Cut the cost of your grocery shopping

Colleagues are saving over £300* a year on their supermarket shop.

Join or visit your Employee Benefits Platform today to save up to 6.5% on instant supermarket eVouchers.





*Based on a weekly spend of £300 at M&S (excluding 8.5%)

Visit www.cambiangroup.co.uk
Call 01908 503 531




Coming soon

Employee Benefits Platform

Firework Frenzy Week

4th - 10th November 2024

Spark your savings with 10 explosive offers available for one week only.







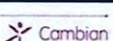







Visit your platform from 10am on 4th November 2024

Visit www.cambiangroup.co.uk
Call 01908 503 531





A message from Mel

I hope everyone had a well-rested summer holidays and ready for the new academic year.
We are especially excited about the new outdoor learning class room space.

During the summer period young people who live in the homes have engaged on many different activities and with the support from adults have managed busy events in the community.
This is a testament to young people and adults that care.

I want to give a special shout out to S who entered an art competition and achieved 1st and 2nd prize. What an amazing achievement!

There has been further achievements and successes with young people improving on their independence skills
The annual Caretech awards have been completed and we are awaiting final results for any nominations and winners at The Forum.

On behalf of the whole school we all give a warm welcome to our new students and adults that have joined us.
We sadly said goodbye to T who has moved on to his next steps in adulthood at a residential college.

Thank You!



