



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 EHAP'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.

Emma Milligan and Sarah Godfrey – Pastoral Support

1:1 emotional wellbeing support for children. Emma and Sarah 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. Emma and Sarah 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. Emma and Sarah work creatively using a range of resources in order to capture the children's attention and engagement.

Claire Burner – Family Support

Claire has a wealth of experience of working with families who are in vulnerable situations and in need of support. Claire works in a holistic way, supporting parents and children with a variety of difficulties. This can include support with implementing rules and boundaries, ensuring that the right level of financial support is in place, accessing support around domestic violence or bereavement and facilitating conversations between children and their families, promoting positive relationships.

Cathy Fiddy – Play Therapy

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.

Becky Hoy – Counsellor

Becky is a Children's Counsellor who offers support to children in our schools. Becky has a wealth of experience working with children in primary schools and believes that children's holistic well-being is the foundation for their development, if a child has self-belief, resilience and is able to recognise their feelings and has effective ways to handle those, they will have the best chance of a balanced and positive journey throughout their childhood.

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 Professor Cathy Creswell and guides parents to use CBT to help their children face their fears and worries. The focus of the intervention is to support children who have anxiety. Natalie can identify children and parents who would benefit from this intervention through referrals to the Pastoral Team. Parents are then invited to access the intervention through one of the trained members of staff. There are 2 delivery modes currently been offered, the traditional Helping Your Child with Fears and Worries and also OSI which is an online version of the intervention. We continue to work with mental health services to ensure safe delivery of this intervention.

Nurture Groups

Nurture groups are designed to bring children together to explore issues such as friendships, low-confidence, anxiety, social skills, building resilience, transition etc. 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.

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.

Forest School and Outdoor Learning

Some of our schools offer Forest School and Outdoor Learning which is a great opportunity for children to build confidence, develop team-building and social skills. It also allows children to practice well-being activities outdoors which can help with anxiety and emotional regulation.