



Nebula  
where stars are born

## **Nebula Federation Pastoral Support and Therapeutic Interventions**

Updated: March 2020

### **Natalie Brown – Pastoral Manager**

1:1 emotional wellbeing 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, Child Protection or Child in Need and families with an FSP.

PSA – working with parents and families as a whole 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 wellbeing support for children. Alice works 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 and anger management. Archie's work is targeted and generally more short term where appropriate. Archie 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 groups of up to 6 children for 7 weeks. 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 include: 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 currently training to be a Play Therapist and is completing her training work based with us. Whilst training Cathy is able to provide Play Therapy to children in Horsford and St Faiths'.

### **YMCA – Family Matters**

The YMCA work flexibly to ensure families get the support they need, when they need it. By working with families in their homes we make support as accessible and relevant as possible.

Family matters offers a range of services, support and bespoke packages and workshops that schools can purchase to help parents have a better understanding of their children's needs by providing a toolkit of parenting strategies to apply to their own unique family situation.

Our courses and workshops offer parents, a positive experience of learning and enhancing aspirations for themselves and their children increases well-being for the whole family.