



# St Mary's School and College, Bexhill

*Residential and non-residential education, therapy and support for children aged 7-19 who have speech, language and communication difficulties and associated complex needs.*

**OCCUPATIONAL THERAPY AND PHYSIOTHERAPY**



## What St Mary's offers

St Mary's School and College includes dedicated buildings for school and college, the Aspire Vocational Centre, Interim Assessment and Placement Centre, and separate living areas. We have modern, adapted classrooms which include adjustable desks, specialist seating, interactive whiteboards, soundfield systems, technology and appropriate software to support learning.

Specialist provision includes Food Technology, Science and Design & Technology classrooms, computing suites, a well-resourced library, specialist gym, warm water pool and outdoor sports areas.

St Mary's offers a truly integrated approach that brings together education, therapy and care. Our on-site team includes speech and language therapists, physiotherapists and occupational therapists. We have a qualified nursing team, psychologists, wellbeing team and GP services, as well as a Child and Family Support Worker. As part of our core offer our facilities include: hydrotherapy pool, physiotherapy gym, sensory integration suite, medical, health and wellbeing services.

We have four residential houses (two of which are off-site) which are part of our programmes for extending independence skills. A dedicated care team provide support to our residential pupils.

All of our staff work together with the families and children to ensure the very best outcomes for pupils.

## Therapy, Health and Wellbeing

Our therapy, health and wellbeing teams and on-site facilities enable us to support pupils with a range of needs including: speech and language impairment, learning difficulties, sensory processing, physical needs, attachment difficulties, and eating and drinking difficulties.

Our therapy, health and wellbeing teams and on-site facilities enable us to deliver provision across the waking curriculum. Our model of integrated therapy means that the pupils' needs are planned, provided, and assessed in natural and functional settings. There is the opportunity to develop high levels of trust and familiarity leading to strong therapeutic relationships. We work as a multidisciplinary team to maximise independence levels and the development of 'tools for life'.

With child centred planning at the heart of our work we believe that through understanding what is driving a pupil's behaviours and anxieties we will be best placed to help them to be managed in an appropriate way. We work closely with families and carers, as well as the pupil to ensure we understand their personal goals and ambitions so that we can provide the support and evidence based interventions necessary to make these a reality.

The ultimate aim is for every pupil to achieve as much independence as possible so that they can live a fulfilled life.



**Natalie Edwards**

*Head of Therapy,  
Health and  
WellBeing*

BSc (Hons) Psychology,  
PGCE,  
HCPC, MSc  
(Educational  
Psychology)

## Physiotherapy at St Mary's

Our team of Physiotherapists assist the students to achieve their maximum potential. We have a strong emphasis on function and independence, and aim to give our students the skills and aptitude to maintain their health and fitness throughout their lives.

Through careful screening and assessment the needs of the students can be identified, from there we can create individually tailored programs designed to meet the unique needs of the individual. Through holistic client-centred practice the Physiotherapy team work in partnership with pupils, their parents, and school staff to help the pupils achieve their goals.

As well as targeting motor needs we have a strong emphasis on maintaining health and fitness and prevention of problems which may affect the pupils in adult life and inhibit their independence in the community. We have an eclectic approach to physiotherapy so that the best and most appropriate techniques can be utilised, physiotherapy sessions are devised to be an enjoyable experience to maximize learning and motivation. Treatment sessions can be individual, paired or group and take place in a wide variety of settings inside and outside the classroom and physiotherapy gym. We are privileged to have fantastic resources including an onsite pool, climbing wall and full equipped gym enabling us to deliver fun, dynamic and meaningful treatment programs.

At St Marys physiotherapy provision is integrated into the curriculum and across our pupils waking day. We work closely with the care and education staff ensuring our pupils can fully access physical aspects of the curriculum.

Because of our integrated approach all the students at St Mary's have the chance to access physiotherapy, even those whom do not have physiotherapy on their Education Health and Care Plans. Through close integrated work with our Physical Education department and through fitness, strength and Yoga classes we can ensure that all the pupils benefit from the expertise our physiotherapists have to offer.

The Physiotherapy team also provide on-site training to internal staff relating to health and fitness, manual handling and seating and posture interventions.



**Matthew Herriott**

*Assistant Head of Therapy (Lead Physiotherapist)*

BSc (Hons) Psychology, BSc (Hons) Physiotherapy, MCSP



**Rachel Pavey**

*Physiotherapist*

BSc (Hons) Physiotherapy, MCSP



## Occupational Therapy at St Mary's

Occupational Therapy enables people to participate in daily life. The Occupational Therapy team at St Mary's aims to help pupils to grow, learn, be healthy and socialise so they can develop, thrive and reach their full potential.

Through holistic client-centred practice the Occupational Therapy team work in partnership with pupils and their parents to help them achieve their goals in the areas of independent living, community participation, work/employment, health and well-being.

The Occupational Therapy provision at St Mary's is integrated throughout the school day both within the curriculum and through extra-curricular input. The Occupational therapy team work closely with education, care and therapy colleagues to:

- Enable access to the curriculum through environmental assessment, seating and posture assessment, equipment provision, sensory and behavioural strategies, joint lesson planning.
- Provide functional and practical learning opportunities to promote knowledge and skill acquisition.
- Develop independent living skills through structured, graded and supported Occupational Therapy programmes.
- Develop work and employment skills in the Vocational Centre.
- Enable safe and supported access to the community to learn and develop essential community living skills.
- Develop fine motor skills through assessment and graded intervention.
- Develop visual perceptual skills through assessment and graded intervention.
- Develop sensory integration and regulation through sensory based interventions and sensory diets. St Mary's has a fully equipped Sensory Integration room, multi-sensory room and gym.

The Occupational Therapy team provide on-going support to meet the changing needs of the pupils as they grow and prepare for adulthood. As part of the multidisciplinary team the Occupational Therapists and Occupational Therapy Assistants participate in team meetings, annual reviews, parent consultations and school events. The Occupational Therapy team provide on-site training to internal staff relating to self-care, seating and posture, sensory and behavioural interventions. The Occupational Therapy team also liaise with external agencies in respect of the pupil's health and wellbeing.



**Michelle Whyborne**

*Occupational Therapist*

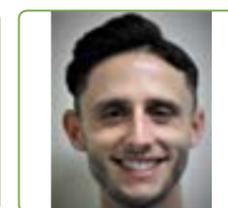
BSc (Hons), HPCR



**Alan Coutts**

*Occupational Therapist*

MSc, BSc PG Dip, HPCR



**Seb Hilder**

*Occupational Therapist*

PG Dip, HPCR, MSc Health Through Occupation,



**Rowan Roesch**

*Occupational Therapist*

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**Josie Brown**

*Occupational Therapist*

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