

What is Therapy Night?

St Mary's offers a weekly Therapy Night group session on the living areas or in the community with a therapeutic focus to all pupils.

Therapy Night is collaboratively planned and delivered by therapists and residential staff and targets the development of speech, language and communication, emotional wellbeing and functional independence.



What do the pupils learn?

Pupils are supported to learn and develop relevant skills required for communication, social and emotional wellbeing and general functional independence within residential and community settings.



Each pupil has an individualised Therapy Night target and outcome which is collaboratively agreed by the multidisciplinary team and informed by: 'pupil voice', multidisciplinary assessment, including parental input.

Therapy activities & focus on a Therapy Night

Therapy activities and focus varies depending on the needs of the pupil. Pupils may learn skills in the following areas:

- Routine household activities: making bed, cleaning, laundry
- Cooking: reading recipes, using kitchen utensils,
- Road safety: reading signs, directions and maps, crossing roads, public transport
- Budgeting: money for food, household goods, personal items, outings,
- Supermarket skills: navigation, using self-service tills, asking for help, money recognition,
- Personal care: tooth brushing, hand washing,
- Mealtime support: cutting food, eating safely,
- Problem-solving: stranger danger, what to do if you get lost.



Working Together

Therapists deliver contextualised training to residential staff during Therapy Night.

Specifically therapists discuss, explain and model the use of strategies and specialist approaches used to support communication and emotional wellbeing including:

- **Communicate in Print®**
- **GridPlayer®**
- **Social stories**

Therapists also provide tailored training relating to pupils individualised programmes of care, such as:

- **Therapy programmes,**
- **Personal care routines,**
- **Sensory diets**

The collaboration of multidisciplinary professionals ensures a holistic and effective ongoing provision for pupils.

What St Mary's offers

St Mary's School & College provides residential and non-residential education, care and therapy for pupils aged 7-19. Our pupils have speech, language and communication needs and may also have associated physical and learning 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'.

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

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Therapy Night



Therapy Night
at St Mary's