



Our vision is to support all children, families and staff who are currently struggling with learning and teaching.



Wow! What an amazing first month we've had; it's hard to believe we haven't been open forever!

We started with our **Open Day** in August where we had a constant stream of people dropping in all day to find out what we were planning. The event gave people an opportunity to pop in and meet some of the team, this included the amazing artist, author and teacher, Heather Stuart, and Donna Griffin who is passionate about wellbeing and mental health. Heather has written two books for children



which celebrate difference (<https://www.heatherstuart.co.uk/news>) and runs her own art groups, ArtFactory.Ink, which focus on supporting wellbeing through art.

Our **Home Education Groups** have got off to a fantastic start with science this term. Our sessions are designed to combine robust learning opportunities with holistic, fun, immersive activities, and we started with our first sessions focusing on Chemistry; Rocks and Soil. So far, we have looked at categorising rocks; the use of different types of rocks; erosion; living, dead and never alive; and soil profiles from different locations.



Throughout the last month, we have managed to reach out to support several families and children with **special education needs**. For some, these needs have not yet been diagnosed but the symptoms are causing issues and concerns for the child and those around them. As a team, we are able to offer families personal support alongside help with identification of needs, strategies for managing them, individually designed tutoring and signposting to other professionals. We are gathering a range of professionals (health and education) who are keen to be associated with our work, and support children and their families with formal diagnosis and ongoing help.

From November, we are hoping to start to also offer some **small group sessions** for children struggling with anxiety and other social, emotional or SEN issues, e.g. Dyslexia Superhero Group, Social Skills, Memory Skills, Emotional Literacy, Language for Behaviour and Communication. We are also able to offer 1-1 sessions focused on supporting specific special educational needs, e.g. Lego Therapy, Drawing and Talking, Colourful Semantics etc, and academic subjects.



If you feel that your child could be dyslexic, contact us as we can complete a Dyslexia Screening Test and give you some ideas about their strengths and weaknesses and next steps to support their progression.

Already, we have started to offer **tutoring sessions** to both primary and secondary pupils; when we don't have a tutor who is able to work on a particular subject, we try to link you with someone who can. As with our provision for children who are being home educated, we aim to provide tutoring that is personalised to the pupil and includes learning in a range of ways to ensure the knowledge and skills are remembered long term.

In the last month, we have tried to get some **Parent Support Sessions** up and running but we have had limited response. We would like to be able to offer a weekly drop-in service, where parents can talk to us or just share a cup of tea and biscuits with other parents. As part of this, we intend to invite other professionals in who can help you with specific concerns, e.g. ASD, CAMHS, etc. We are now planning for these sessions to take place on alternative Thursday afternoons if there is enough interest - if you would like to see these sessions start up again, please contact Anita.

We have also offered some **drop-in sessions for school staff**, but these too have had limited response. Everyone in the team has worked on schools and knows how hard this can be; it is a big part of our vision to also support school staff and we will continue to offer sessions to support the wellbeing of school staff.

Probably one of our most exciting moments in the last month was finding that we have been accepted as a centre for the AQA Unit Award Scheme: <https://www.aqa.org.uk/programmes/unit-award-scheme>. The AQA designed this scheme nearly 40 years ago as a way of breaking learning into small, robust units and then providing rapid recognition of learning through certificates which demonstrate the learning achieved through the unit. This scheme will form part of our provision going forward for all learning activities; it will be administered through The Old Post Office Wellbeing Hub but is available for anyone to use to facilitate and reward learning. If you want more information, email Anita.

HOME EDUCATION COURSES FOR TERM 2

****Six-week sessions****

* **'Snow, ice and adventure'** – covers geography, science, English, and art / DT. KS2 = Monday mornings, KS1 = Monday afternoons

* **'Science – Biology: animals including humans'**

KS2 (teeth, eating and digestion) Friday mornings

KS1 (classification, senses, basic needs) Wednesday mornings

* **'The Magic of Christmas'** from 11th – 18th December

KS2 (incl. geography, history, art + English) Monday mornings

KS1 (incl. PSHE, art and English) = Monday afternoons

* **Space** – these sessions are being run by Astro Andy and we are currently planning them.

****One-off sessions****

5.10.23 National Poetry Day: 'Refuge'

18.10.23 Black History Month: 'Saluting our Sisters'

1.11.23 Dia de los Muertos

10.11.23 Remembrance

16.11.23 Anti-Bullying Week: Odd Socks

29.11.23 – 20.11.23 The Home Education Nativity

WHAT'S IN THE PIPELINE?

* Mental Health First Aid training

* Staff Wellbeing Sessions – if there is a format for the 'Sanctuary Sessions' that you think could work (e.g. mindfulness activities, peer-to-peer coaching etc), let us know and we will facilitate

* Directory of Professional Associates who can offer private support for children

* Directory of Tutors available to offer tutoring in line with our vision and aims

* Alternative Provision for children struggling to access education in school

* Dot and Doodle – wellbeing, craft sessions for adults

CONTACT US

* SEN –
topo.SEND@outlook.com

* Home Education –
topo.HOMEED@outlook.com

* Hub rental –
auer@hubrental@outlook.com

* Phone - 01580 882036 (we are busy and this may not get answered, it is always better to email)

* Website -
<https://theoldpostofficewellbein>

****We are here to help you****