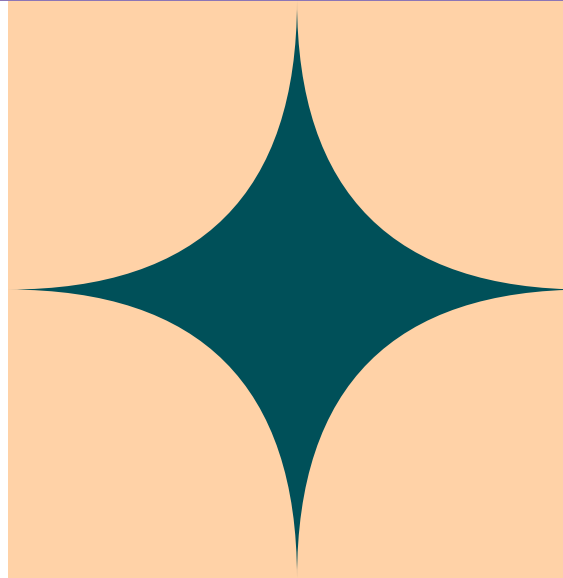


Active Learning

# **SUPPORTING THE COMMUNITY**



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# IT'S ALL ABOUT YOU.

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Assessment that works for you.

## About Active Learning

At Active Learning, we are committed to improving the academic performance and overall well-being of children, adolescents, and young adults across London. Our multidisciplinary team includes Educational Psychologists, Neurodevelopmental Paediatricians, Speech & Language Therapists, and Occupational Therapists, all working together to provide comprehensive support.

In addition, our mental health professionals offer a range of therapeutic services, including art therapy, music therapy, psychotherapy, cognitive behavioural therapy (CBT), and post-diagnosis parental support, ensuring a holistic approach to each individual's needs.

We conduct assessments and therapy sessions both in person and online. Where necessary, we also provide school-based observations and assessments to offer targeted support. By working closely with families, schools, and local authorities, we strive to achieve the best possible outcomes for every child.

Our therapeutic support is accessible both in-person and remotely, ensuring flexibility and convenience for all.

Comprehensive, evidence-based assessments and therapy designed to support children and young people.



1

## Services for Schools

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We offer a comprehensive range of services for independent and state schools, including nurseries, primary and secondary schools, sixth form colleges, and special schools. Our goal is to provide tailored support that meets the unique needs of each educational institution.

To ensure our services align with your specific requirements, we are happy to arrange a consultation to discuss how we can best support your school community.

# DESIGN THINKING APPROACH

## 2 Work Conducted

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Our team of experienced professionals delivers high-quality, research-driven, and evidence-based services tailored to the needs of children, young people, families, and schools. Our work includes individual and group support, family interventions, and specialized training for school staff. We customize our approach based on the unique requirements of each school, ensuring effective and impactful support.

## 3 Reflective Parenting Sessions

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At Active Learning, we provide specialised Reflective Parenting Sessions to help parents navigate and support their child's unique development and learning needs, especially following a neurodiversity diagnosis.

These sessions create a safe and supportive space for parents to:

- ✓ Reflect on their parenting approach
- ✓ Understand the underlying needs behind their child's behaviours
- ✓ Strengthen parent-child relationships through improved communication and emotional connection

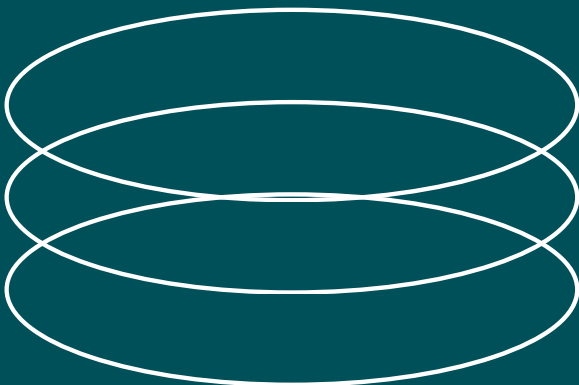
Our goal is to empower parents with the insight and strategies needed to foster a positive and supportive environment for their child's growth and well-being.

## 4 Counselling & Therapy

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Emotional well-being and emotional literacy play a crucial role in a student's academic success and overall development. These factors significantly influence our ability to reach our full potential. Life challenges such as bereavement, serious illness, or parental separation can impact emotional well-being, leading to difficulties such as sleep disturbances, anxiety, eating disorders, anger issues, and low self-esteem.

At Active Learning, we provide specialized counselling and therapy to support children and young people in navigating these challenges, helping them build resilience, confidence, and emotional stability for a brighter future.



01.

# EDUCATIONAL PSYCHOLOGY SERVICES

Active Learning, we provide expert consultation, assessment, and therapeutic support for children and young people facing a range of developmental, learning, and emotional challenges. Our evidence-based approach ensures tailored interventions that foster academic success and emotional well-being.

Our Services Include:

## ✓ Consultation & Support:

- Professional advice and problem-solving for children and young people with developmental needs.
- Behaviour management strategies for home and school settings.
- Education (ASD), ADHD Psychological Assessment Report.
- Support for children and young people with Autism Spectrum Disorder (ASD), ADHD, and learning difficulties.

## ✓ Psychological & Learning Assessments:

- Comprehensive psychological evaluations to assess learning needs.
- Dyslexia & Specific Learning Difficulty (SpLD) Assessments
- Disability Student Allowance (DSA) Assessments & Reports
- Exam Access Arrangement Assessments
- Gifted & Talented, MENSA Testing
- Emotional and mental health assessments for children and young people.
- Intelligence and cognitive assessments.

## ✓ Therapeutic Support & Interventions:

- Counselling and therapy for children, young people, adults, and families.
- Social skills training to enhance peer interactions and communication.
- Managing anxiety and emotional challenges in children and young people.

## ✓ Educational Support & Training:

- Establishing learning support systems in nurseries, schools, and colleges for students with special educational and additional needs.
- Tailored training for school staff on topics such as:
  - Autism awareness and strategies.
  - Developing metacognitive skills and reading comprehension.
  - Enhancing language skills and supporting English as an Additional Language (EAL) learners.
  - Working memory development techniques.





## 02. OCCUPATIONAL THERAPY SERVICES

Active Learning, we provide expert consultation, assessment, and support for children experiencing motor and sensory processing difficulties. Our Occupational Therapy services are designed to enhance children's physical, cognitive, and functional skills to help them thrive at home and in school.

Our Services Include:

✓ Comprehensive Assessments:

Handwriting Assessment  
Sensory Processing Assessment  
Gross & Fine Motor Skills Assessment  
Dyspraxia Evaluation & Management  
Hypermobility Support & Management

✓ Tailored Support & Intervention:

- Personalised Occupational Therapy Programmes for home and school.
- Handwriting Development Support in school and at home.
- Targeted Strategies to enhance motor coordination and daily activities.

✓ Training & Guidance:

- Bespoke Training for Nurseries & Schools on Dyspraxia, Handwriting Development, and Fine & Gross Motor Skills Development.

Our goal is to empower children by providing the tools and strategies they need to build confidence, improve independence, and succeed in their daily activities.



## 03. WHAT WE STAND FOR

### A Life-Span Approach to Support

At Active Learning, we recognise that mental health challenges, particularly neurodevelopmental disorders, have a profound and lasting impact on individuals and their families. These challenges often persist throughout life, presenting in different ways at various stages. As a life-span service, we provide continuous support, from early diagnosis in childhood to navigating workplace challenges and relationships in adulthood.

### A Multidisciplinary Team of Experts

We believe that the best care comes from highly skilled, motivated, and collaborative teams. Our multidisciplinary group consists of top-tier clinicians, many of whom we have worked with personally and trust to deliver the highest standard of care. Regular clinical meetings and team discussions ensure that every client receives comprehensive, well-rounded support tailored to their needs.

### Commitment to Evidence-Based Care

Our clients and their families deserve assessments and treatments rooted in scientifically proven methods. We adhere to internationally recognized guidelines such as DSM-V, ICD-10, and NICE Guidelines, ensuring that every diagnosis and intervention is backed by the latest research.

Our clinicians stay at the forefront of developments in medical and psychological sciences to provide the most effective care possible.

At Active Learning, our mission is to empower individuals with the support, guidance, and expertise they need to thrive at every stage of life.





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