

## About Springwell Leeds Academy

We are a thriving community of Special (SEMH) practice in Leeds and a member of the Wellspring Academy Trust. Together, we make a difference for young people in our care both in Leeds and across the entire region.

Leeds is a fantastic place to work and the Wellspring Trust is a growing employer in the region. Springwell Leeds Academy is proud to be part of this. If you want to:

- make a real difference to some of the most vulnerable students in the city
- work in state of the art facilities
- move away from some of the restrictions of a mainstream pathway
- teach with a focus on the whole child, not just narrow subject outcomes

...then we would like to hear from you.

We will keep you informed of upcoming vacancies if they arise whether in leadership, teaching or non-teaching roles.

Visit: <http://springwellacademyleeds.org/job-vacancies/>

Email: [office@springwellacademyleeds.org](mailto:office@springwellacademyleeds.org)

Call: 0113 4870555

Address: Springwell Leeds Academy  
Middleton Road  
Leeds  
LS10 3JA

### A Values Driven Trust

Wellspring is a values-driven trust that wants to attract people with values and substance.

Wellspring operates in some very disadvantaged areas and works with many children and young people with Special Educational Needs and Disabilities (SEND).

We have dynamic, region wide networks of practice in SEND and Primary education.

We are experts in our field, committed to making a difference to the young people in our care. Wellspring is committed to the principle of social justice through providing exceptional opportunities for vulnerable and disadvantaged young people.

Visit: <https://wellspringacademytrust.co.uk/>



Call us

0113 4870555



Email us

[office@springwellacademyleeds.org](mailto:office@springwellacademyleeds.org)



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# Springwell Leeds Academy – Guide to Therapeutic Support

At Springwell Leeds we recognise that many of our children need additional support over and above the specialist teaching they receive from their classroom staff. Below are a list of targeted interventions we deliver and services that we support access to, in order to ensure that every child's needs are met.

### Counselling

Springwell Leeds employs a trained well-being worker who works with our children, offering individual support sessions around self-esteem resilience, and confidence. They use a range of methods to engage with our children providing emotional support for those who most need it.



### Mable

This an award winning on line speech and language therapy service that provides bespoke 1:1 sessions. Our children use this service to become engaged, develop confidence and achieve better outcomes.



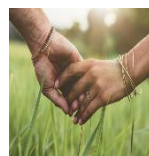
### Applied Psychologies

This team of Education Psychologists help our young people to learn better, interact more easily and ultimately become happier, more independent learners.



### Theraplay

Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child. This therapy is fun, personal and physical, focusing on four essential qualities found in parent-child relationships; Structure, Engagement, Nurture and Challenge. Theraplay is designed to create an active, emotional connection resulting in a changed view of the self as worthy and lovable and of relationships as positive and rewarding.



### Sensory Play and Exploration

Sensory play includes any activity that stimulates our young children's senses (touch, smell, taste, movement, balance, sight and hearing). These activities facilitate exploration and naturally encourage children to use scientific processes while they play, create and explore. The sensory activities allow children to refine their thresholds for different sensory information helping their brain to create stronger connections to process and respond to sensory information.

### Kooth

This is a free online service for young people accessible through mobile, tablet or desktop. Kooth offers expert and peer support from a diverse team of friendly counsellors including self-help resources, drop in and structured counselling.



### Music Informed Therapy

Music at Springwell is used within a therapeutic relationship to address physical, emotional, cognitive and social needs of individuals. Music therapy provides avenues for communication that can be helpful to those who find it difficult to express themselves in words.



### Thrive

The Thrive Approach draws on insights from recent advances in neuroscience, attachment theory and child development to provide a powerful way of working with children that effectively supports social and emotional development.

### Art Informed Therapy

This is a form of therapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as a diagnostic tool but as a medium to address emotional issues which may be confusing and stressing for our children.



### Nurture

Here at Springwell we use a nurturing approach that underpins everything we do, offering a range of opportunities for children to engage with missing early nurturing experiences.

### Unconditional Positive Regard

This approach runs throughout Springwell Leeds Academy and refers to accepting and supporting our children as they are without evaluating or judging them.



### Animal Assisted Therapy

At Springwell Leeds Academy we recognise that petting an animal reduces cortisol levels and understand how it can help improve the mental health in our staff and pupil's. Across our sites we have a number of dogs that attend school on a regular basis and provide intervention support to all of



### CAMHS

Where appropriate, we support parents and carers to access Child and Adolescent Mental Health Services for children under 18 and their families.



### Mind Mate

This Leeds wide service is helping our children understand the way they are feeling and finding the right advice and support.