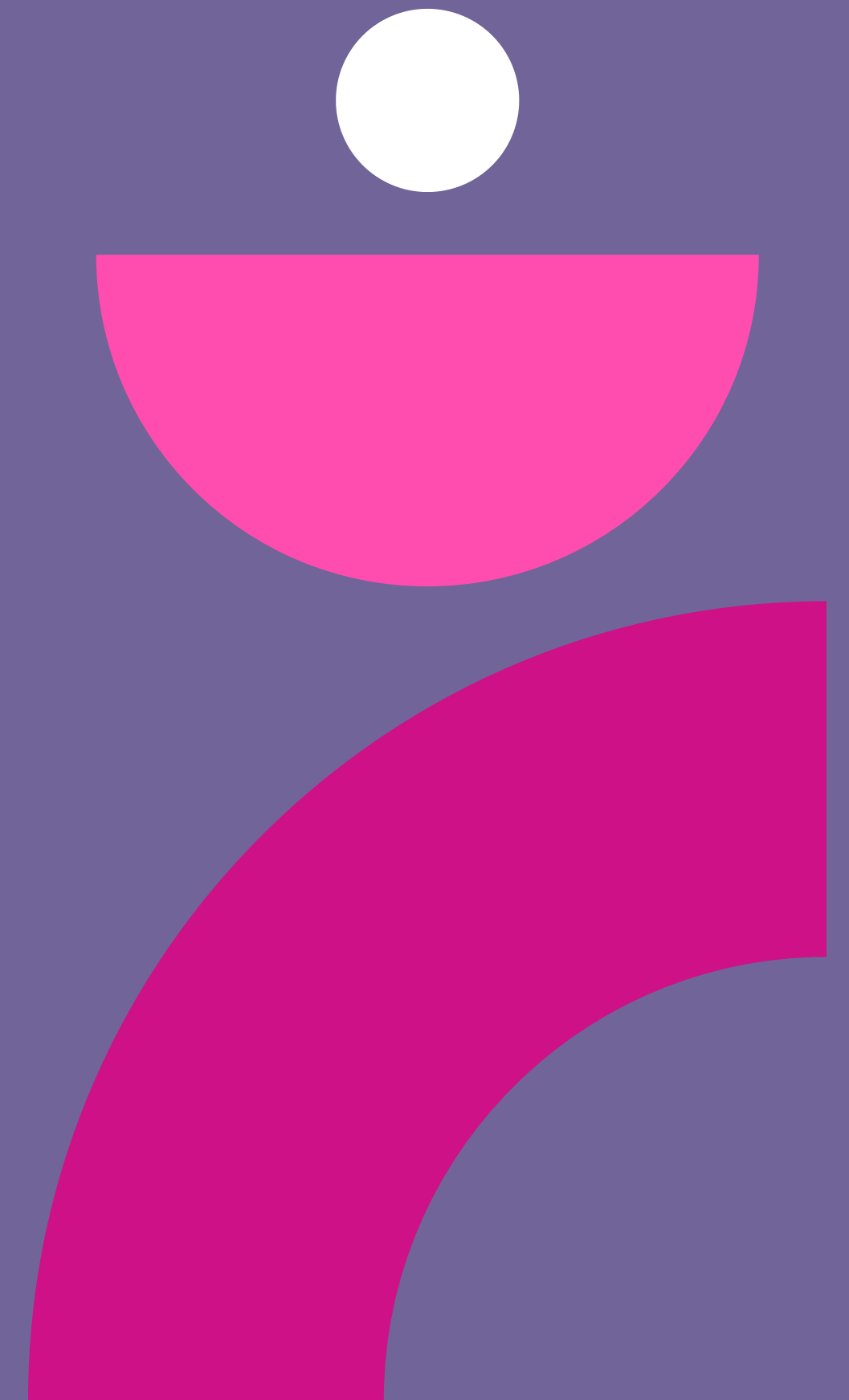


Total
Children's
Therapy

Early Years (Age 4-7) 'Pick and Mix' Support Service

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Early Years (Age 4-7) 'Pick and Mix' Support Service Outline

Families often approach us with concerns about their young children's progress as they:

- Begin or get ready to transition into school.
- Have transitioned into school but are struggling with some developmental areas that need addressing.

Cathy Darby has had a great success with this service. Both schools and parents have welcomed her ideas, strategies and interventions. Her years of experience have enabled her to tailor this service to the needs of the families who get in touch with us.

Cathy uses a fun and creative approach and treats each child as an individual.

She can offer her support in a 'pick and mix' style and will cover areas such as:

- Phonics and reading development.
- Maths support.
- Low level anxiety/worries.
- Low confidence and self-esteem.
- Friendships: supporting children building/maintaining and making new friendships.
- Social communication support/understanding emotions.
- Fine motor skills such as early handwriting and cutting.
- Bereavement and loss.



Pick & Mix Service Outline

Who is this service designed for?

This service is aimed at children from preschool (4 years) to Year 2 (6-7 years).

How will this service be offered?

With preschool/school's agreement Cathy will happily offer this service at the setting. It can also be offered at home or clinic during out of school hours and holidays.

Fees & Levels of Service Offered

Please note that with all three levels of this service if any additional sessions are required, they can be requested by parents and will be charged at an hourly rate of £65.

For home and setting visits mileage will be charged at 45p per mile to and from the TCT clinic postcode BH2 5QR.



Package Options for Mini 'Pick and Mix' Service

Package Name: Mini 'Pick and Mix' Service

Description of what package includes:

- An initial 60 min session with Cathy for her to listen to you and discuss and plan some options to support you. There will be a preassessment questionnaire to complete prior to this session.
- 60 min session with the child.
- Cathy will then provide a mini email summary and recommendations for you.
- Intervention box - children will be encouraged to use their box at home so that learning can continue and be embedded.
- Finally, Cathy will offer a 60 min review within a month of the first appointment to check in with you and ensure the plan and ideas are working and to trouble shoot any final issues.

Fee: £260

Package Name: Midi 'Pick and Mix' Service

Description of what package includes:

- An initial 60 min session with Cathy for her to listen to you and discuss and plan some options to support you.
- 60 min sessions with the child
- 30 min session with Pre-school/School staff, face to face, by phone or zoom.
- Cathy will then provide a midi email summary and recommendations for you.
- Cathy will then offer a further four 60 min sessions with the child. This will involve 40 mins of 1:1 time and allow for 20 mins of prep time. How these are spaced out will be decided at the initial session. Cathy will then work with you and help to implement and guide you through strategies discussed.
- Intervention box - children will be encouraged to use their own box at home so that learning can continue and be embedded
- 60 min Parent session to feedback and show caregivers what Cathy has been doing and how.
- Finally, Cathy will offer a 60 min review within a month of the first appointment to check in with you and ensure the plan and ideas are working and to trouble shoot any final issues.

Fee: £585



Package Name: Maxi 'Pick and Mix' Service

Description of what package includes:

- An initial 60 min session with Cathy for her to listen to you and discuss and plan some options to support you.
- 60 min sessions with the child.
- 30 min session with Pre-school/School staff, face to face, by phone or zoom.
- Cathy will then provide a written summary and recommendations for you (could be used towards an EHCP process).
- Cathy will then offer a further seven x 60 min sessions with the child. This will involve 40 mins of 1:1 time and allow for 20 mins of prep time. How these are spaced out will be decided at the initial session. Cathy will then work with you and help to implement and guide you through strategies discussed.
- Intervention box - children will be encouraged to use their own box at home so that learning can continue and be embedded.
- 60 min Parent session to feedback and show caregivers what Cathy has been doing and how.
- Finally, Cathy will offer a 60 min review within a month of the first appointment to check in with you and ensure the plan and ideas are working and to trouble shoot any final issues.

Fee: £800



About Cathy Darby

The Early Years (Age 4-7) 'Pick and Mix' Support Service is delivered by Cathy Darby.

Cathy is a very successful practitioner in Early Years and Primary Phase educational support. She is a member of The British Psychological Society and qualified from the Open University with an honours degree in Psychology in 2017. Cathy has extensive experience gained by working in a variety of educational settings for 25 years supporting children with Special Educational Needs and Disabilities and their families. Cathy has also been a Deputy Special Educational Needs and Disability Co-ordinator and has been a Designated Deputy Safeguarding Lead.

Cathy supports children with bespoke programmes through her 'Pick and Mix' Service to aid many areas of early development. She has had many successes advancing children's reading, writing and maths ability in short periods of time. Cathy supports children with low level anxiety and helps them to understand and develop their emotional literacy. She helps to develop their confidence, self-esteem and enhance their social communication skills which can in turn help children to form and develop friendships.

All of her programmes are delivered in a fun and interactive manner which are designed for the individual needs of each child. Cathy takes a child centred approach when supporting children and whilst doing so ensures that her work is joined up with parents/carers and schools so that support can be maximised and the child feels fully supported.

In 2022 Cathy also became a Sleep Practitioner and she has had many successes working with parents and children to help introduce better sleep patterns which enables families to get a better night's sleep. Cathy offers a variety of bespoke support packages.

Cathy combines her many years of experience to work with children, parents and outside agencies in a passionate and friendly way to support the needs of her families that consistently produces results.





Feedback from families that Cathy has supported

‘Cathy is incredibly supportive, approachable, warm and genuine’.

‘I am completely confident that Cathy is doing everything that she can to help x be a much happier, content and confident boy. She has been particularly effective at supporting the school to challenge some of their thinking and change the way they manage his behaviour, and the change in x (and the school) in the last few months is fabulous’.

‘Her personality and approach was really great from the first meeting. We knew we had made the right choice to use her services. She was very matter of fact, honest and non-patronising’.

‘X was falling behind her peers with her reading and her confidence about school and learning was being affected. Cathy has provided excellent liaison, she is approachable, she uses different strategies and works outside of the box to engage and motivate and has persisted in building a relationship with school despite challenges’.

‘Cathy and X formed a great relationship where he felt able to work well, trust and confide in her - something he finds difficult with others’.

‘Cathy kept in regular contact with us and provided invaluable advice and support. We couldn’t recommend her enough!’



Feedback from families continued

‘Without Cathy, we would have been floundering through the EHCP process. She was brilliant!’

‘Cathy is wonderful to work with, she is very approachable as parents and x loves his sessions with her!’

‘Cathy has singlehandedly unlocked X’s ability to read and is now doing the same with his maths. The progress X has made using the specific programmes Cathy has suggested has been amazing to see’.

‘I wished we had thought to ask about Cathy earlier!’

‘We can’t put into words the difference Cathy has made to X’s learning and will be forever grateful for her input. Cathy really is a wonderful advocate for X and always goes above and beyond our expectations. We are excited to see how x continues to improve!’

‘We find Cathy really approachable, understanding and compassionate. X loved Cathy from his very first session and looks forward to each session. He has come such a long way since seeing Cathy. We have recommended Cathy to friends who were looking for a tutor. We really appreciate all her hard work with X. He has made huge improvements. Thank you Cathy!’



FOR FURTHER DETAILS OR TO MAKE A BOOKING

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