

## Inreach/Outreach Harbour sessions

As a part of your child's provision within the Harbour Programme, your child may be invited to attend either Art in Health or Thrive sessions. You may also be asked to attend sessions alongside your child.

**Art in Health:** Our Art in Health sessions are led by Becky Churchill, a Specialist Artist trained in trauma and therapeutic approaches, and supported by one of our Harbour practitioners.



In these therapeutic art sessions, children have the opportunity to creatively explore and play at their own pace and in their own time. They can explore materials, develop art skills, reflect on different art forms and artists. Allowing children to become artistic explorers and see different possibilities, supports to develop resilience, independence, self-esteem, and become more confident in themselves.

**Thrive:** These sessions are led by one of our Thrive trained Harbour practitioners. Positive relationships are at the heart of Thrive and we develop these relationships and explore emotions through activities such as sensory play, painting, construction, games and crafts in a safe environment.



Our Art in Health and Thrive sessions take part either at your child's home school or at the Harbour based at Castle Mead School.



Before beginning any session at The Harbour you will be invited to visit us, meet the practitioners and see the rooms. There will be an opportunity to talk about your child, the sessions and for us to questions you may have.



Becky Humphreys  
(Thrive Practitioner)



Becky Churchill  
(Therapeutic Artist)

## Parent Feedback

*"I was quite nervous going into the sessions initially as I hadn't realised how lonely and defeated I had been feeling. I was worried my daughter would kick off in the room and then I would have to deal with that situation and it made me quite anxious. However, it is such a safe and relaxing atmosphere that even though she seemed like she was fighting it, she still wanted to get involved with whatever was going on. She seems to really enjoy the atmosphere and the music really captures her imagination. She has done some amazing things with puppets and music. She has a natural affinity with creativity and could explore that in a way that I would never have considered." (Parent, March 2020)*

*"I am even more surprised by how much I have benefited from this programme. I went in thinking it was all about 'S' and felt I had to sit back and let her do her thing. I did need some convincing that it was as important to involve me as it was to support her and once that realisation clicked, everything changed"*

*"It's really nice to have that time to go to the Harbour as a parent and experience the Harbour with the children"*

*"F' always comes home after art with the things that he has made and loves telling me what he did with Becky. Becky has a way of being able to get to the children's level and engage in their play. He really loves being able to do art and I feel that this has helped him with his confidence. He is able to be proud of the things that he has made"*

*"I will never have enough praise for all the things that you do for 'A' and giving him the opportunity to express himself in a way that he may not get in a classroom setting"*

*"As a family we hadn't considered the tactile experiences from Thrive® to help C when he was feeling unhappy. Different approaches were so helpful. Outbursts and anger have reduced and he is now more able to talk about things that upset him."*