

## Nurture Groups/Emotional Literacy Groups

Nurture Groups are a school-based intervention for pupils with social, emotional and behavioural needs who find it difficult to access full time mainstream education.

A nurture group offers pupils:

- a secure base with input and support from two adults
- focused, small group support for part of the week
- opportunities to develop the skills necessary for good learning

In some schools it may not be possible or appropriate to set up and run a full classic nurture group eg. for reasons of numbers requiring intervention or resourcing issues. If this is the case it may be possible to set up an Emotional Literacy Group instead. This would run for shorter periods of time, would have a slightly different format although run along the same basic principles and may be easier to resource.

Assistance can be given in the assessment of pupils who may benefit from such interventions and advice and ongoing support on setting up and running a group is available if required.

Nationally such groups run over all stages.

Specific requests for group work or staff training can be made by completing the RW1 Request for Support form.

Requests will be prioritised according to assessed need. A rough age guide is indicated alongside each programme.

To obtain this form or for further information on these programmes please contact:

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Shetland Islands Council

Education & Social Care Department

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# Psychological Service Resource Workers



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# Group Work and Training Information for Partner Agencies

The Psychological Service Resource Workers support partner agencies in the delivery of a range of group interventions and programmes for children and young people as well as providing opportunities for staff training. This leaflet outlines those interventions currently being supported by the Service.

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**The Psychological Service Resource Workers are qualified to deliver the following programmes:**

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© Friends for Life

FRIENDS for Life is a programme that helps children learn about their emotions and behaviour.

FRIENDS is a preventative approach which:

- Promotes resilience, self esteem and emotional wellbeing
- Develops coping skills and positive thinking strategies
- Reduces anxiety and low mood

FRIENDS promotes the development of self-esteem and self expression, and the building of positive relationships with peers and adults. The programme fits well within Curriculum for Excellence.

FRIENDS for Children: P5 - 7

FRIENDS for Youth: S1 - S4



© Seasons for Growth

Seasons for Growth is an innovative educational programme consisting of 8 sessions and run by trained Companions who facilitate small peer groups.

Seasons for Growth:

- supports young people to understand and manage the issues they experience because of the loss of a parent or significant other through death, separation or divorce
- assists young people to understand that the reactions associated with their losses are normal
- educates about the grief process
- develops skills for coping, problem-solving and decision-making
- builds a peer support network
- helps restore self-confidence and self-esteem

There are 5 levels covering P2 to adults.



© Give us a break

'Give us a break!' is for young people who have experienced loss, change or bereavement. It is an 8-week programme which gives participants a chance to make sense of these experiences in a supportive environment with others who have gone through similar changes.

Give us a break! aims to assist them to:

- Understand the changes in their life and how they feel about them
- Accept their feelings and share them with others
- Look to the future in a positive way
- Recognise what they are already doing to help themselves move forward

Suitable for approx P7—S3/4.

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**The Psychological Service Resource Workers can offer staff training and support around the following interventions:**

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## Being Cool in School

© Being Cool in School

Being Cool in School empowers children to cope and deal with challenging situations they will encounter in their daily lives in school.

The programme comprises four packs, each fully and age appropriately illustrated and spanning 7-10 sessions:

- Infants
- Mid Primary
- Upper Primary
- Late S2/early S3

Evaluations have shown:

- positive impact on pupils' social skills and confidence (in class/playground)
- positive impact on whole class behaviour
- increasing confidence of staff in delivering a curriculum in this area
- high levels of accessibility and enjoyment for all involved