

ZEN SENSORY AND WELLNESS
THE OLD MUSHROOM FARM
TANFIELD LANE
WATH, RIPON
HG4 5JE



THERAPEUTIC ALTERNATIVE PROVISION

ZEN is a part-time, therapeutic alternative provision designed for children of primary school age who struggle to access mainstream education due to anxiety, emotional needs, sensory processing differences, trauma, neurodivergence, or challenges with regulation.

OUR APPROACH

We offer a nurturing, calm and predictable environment where pupils can develop emotional safety, confidence and readiness to learn alongside a school education.



THERAPEUTIC



SENSORY LED



TRAUMA INFORMED



NEURODIVERSE AFFIRMING



FULLY INCLUSIVE



BRIDGING THE GAP IN EDUCATION

It is a known fact that not everyone thrives in a mainstream setting. We believe in providing equal opportunities to ensure everyone has access to education in an environment that meets individual needs. That's why ZEN alternative provision offers a tailored, therapeutic approach to learning, building on strengths, confidence and resilience to meet goals and increase self worth and understanding.



WHAT DO WE SPECIALISE IN?

At ZEN, we specialise in providing personalised, tailored support for children who may be experiencing but not limited to:



**EMOTIONAL BASED SCHOOL AVOIDANCE,
LOW ATTENDANCE OR PART TIME
TIMETABLES**



**ANXIETY OR DIFFICULTY COPING IN HIGH
DEMAND ENVIRONMENTS**



**AUTISM/ADHD/SENSORY PROCESSING
DIFFICULTIES**



**DYSREGULATION OR BEHAVIOURAL
COMMUNICATION**



**STRUGGLES WITH SELF-ESTEEM OR SELF
CONFIDENCE**



TRAUMA OR ATTACHMENT NEEDS

WE WELCOME CHILDREN WITH OR WITHOUT AN EHCP

WHAT DO WE OFFER?

Therapeutic Sessions

EMOTIONAL REGULATION

At ZEN, we do a lot of work around how to help our students regulate emotions. This is at the centre of most things we do and we incorporate it throughout as we know how much of a positive effect this skill can have for everyone.

SENSORY EXPLORATION AND INTEGRATION

Sensory needs can be overlooked in many other settings. At ZEN, we believe this is a crucial step to achieving semh goals.

TRAUMA INFORMED MENTORING

All staff at ZEN have extensive knowledge and experience supporting children who have experienced trauma in a compassionate and understanding way.

MINDFULNESS AND GROUNDING TECHNIQUES

We offer age appropriate themed mindfulness activities on every session, including meditation sessions, yoga, body scans.

CREATIVE THERAPIES

We believe in expressing our emotions in a creative way including arts and crafts, music, dance, story based work.

ANIMAL THERAPY

Animals play such a vital role in emotion regulation, relationship building and confidence. Our therapy animals include rabbits, guinea pigs and therapy dogs.



WHAT DO WE OFFER?

Regulation and Sensory Support

FULLY EQUIPPED SENSORY ROOMS

Based in an award winning, fully accessible sensory centre. Based across 4 sensory areas meeting all sensory needs.

MOVEMENT BASED SESSIONS

Combining vestibular activities and rebound activities using the trampoline, swing, as well as team games and activities to raise the heart rate.

WEIGHTED/PRESSURE SUPPORT

For those who require tactile support for de-escalation and regulation, staff are fully trained and experienced in offering tools to support and manage with the added use of equipment including weighted blankets

SENSORY FIDGET TOOLS

We offer a range of tactile sensory tools including fidget tools in our sensory drawers that the children are welcome to utilise as and when needed.

LOW AROUSAL SPACES

In our centre, we have several low arousal spaces for when a child may be feeling over whelmed, over stimulated or just need that quiet space to relax.

ADDITIONAL AIDS

We offer a range of additional aids for those who require them including mobile hoists to utilise throughout the centre, We also have Pictorial communication boards, ear defenders, timers. Although we encourage students to bring their own personal aids to ensure they meet their specific needs, we do have a small range available if a new need arises or for as and when use.



WHAT DO WE OFFER?

Skill Building Opportunities

SOCIAL AND COMMUNICATION SKILLS

All children will get the chance to build positive relationships and friendships in a low pressure environment. We work with the children, incorporating peer to peer support, building empathy and ensuring everyone has a voice, for all children to gain positive social skills. We work with all children with a wide range of needs, our sessions build inclusivity to promote acceptance for equality and diversity.

GENTLE GROUP INTERACTION

We work 1:1 with students where needed but also believe in working in small groups to encourage teamwork and the importance of working as part of a group. It also helps children build off others ideas to utilise for themselves.

GAINING CERTIFICATES

All children will have the opportunity to gain in house certificates for achievements made at ZEN Alternative Provision. These certificates will help build confidence and encourage the children to engage more effectively.

STRENGTH BASED TASKS

Although we work hard on building new skills, we also believe in providing activities and tasks that the children are good at and enjoy. This in turn builds self confidence and worth to then engage in other activities they may struggle with which in turn helps them to achieve their goals and thrive in other settings as well as ours.

CONFIDENCE AND RESILIENCE BUILDING

We believe confidence and resilience is the base of what we work towards. If we can achieve these goals, the children have a great starting point to achieve their other goals which will then carry on to other settings including their school placement.

UNDERSTANDING EMOTIONS

We believe to help children manage their emotions, they firstly need to understand them and why we feel these emotions. We work to gain knowledge of them, be able to recognise when they are feeling a certain emotion and learn tools to manage/ draw upon when needed.



REGULAR COMMUNICATION

We will work collaboratively with the schools, building that positive relationship from the start. We will have regular communication with the SENDCos to discuss needs of all children and with DSLs to make sure we align on necessary policies. Our support is not a fixed notion. We work closely as and when needs adapt to ensure we are all working towards the same outcomes to allow for the child to thrive.

SUPPORT WITH REINTEGRATION

The aim of an alternative provision is to provide tools and skills for children to not only reintegrate back into their education setting, but to then apply all skills gained to thrive.



WHAT DO WE OFFER?

School Partnership

PROGRESS UPDATES

We will create progress updates on a termly basis (6-8 weeks) or as and when needed to detail each child's outcomes, goals they have achieved and what they are working towards. This can then be included in their school reports/EHCP reports etc. Not only is this necessary for the school to monitor their progress, but also for the child's sense of self worth, confidence to achieve more and reengagement.

REFERRAL PATHWAYS

ZEN AP is a therapeutic alternative provision that works alongside a mainstream education setting. Referrals can be made privately or through the school and are funded either through SEMH funding and topped up with EHCP funding/private funding where needed depending on the individual.

OUR LEARNING SPACES

ZEN Alternative Provision is based in an award winning, purpose built sensory and wellness centre. Because of this, ZEN has many learning spaces depending on the session to ensure that not only the needs of the children are met, but that they excel!

SEATED LEARNING SPACE

A great space for table based activities including arts and crafts and sheet work whilst in a cosy, home like environment.



OPEN LEARNING SPACE

The main room for activities including discussions, group work, mindfulness, animal therapy. With seating areas, sensory integration areas and drawers full of fidget items to help engage.

OUR LEARNING SPACES

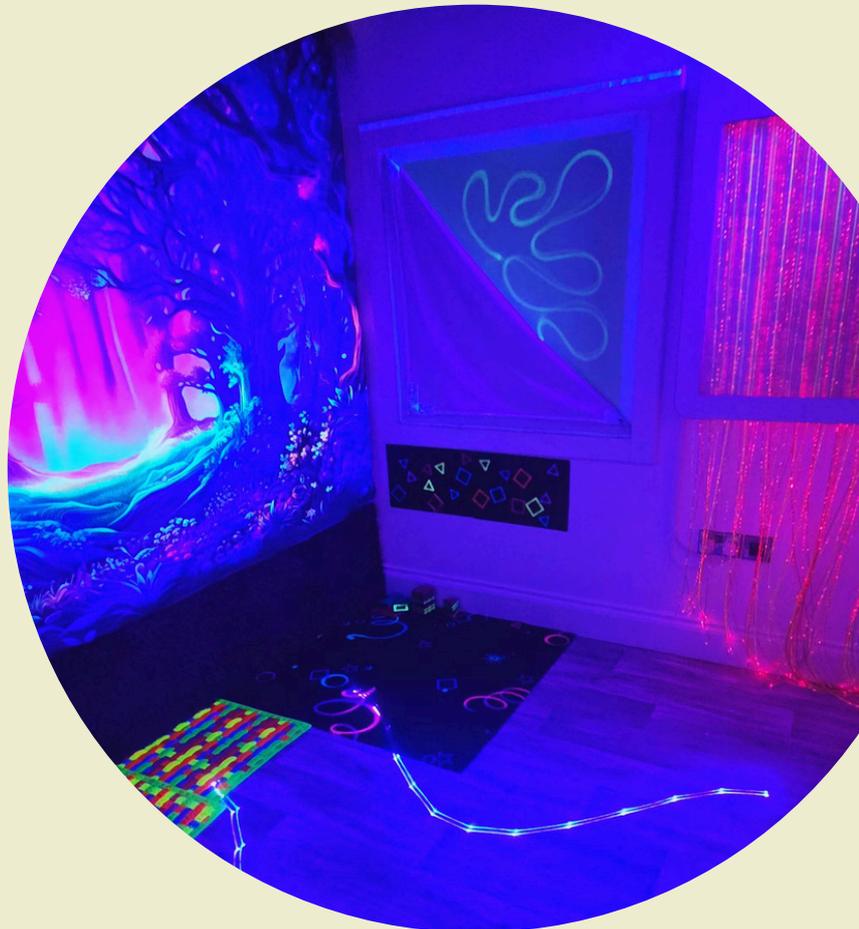


THE SUN ROOM

The most energetic Sensory room used to burn energy through rebound therapy and team games. Includes LED ball pit, trampoline, interactive wall panels, sensory tiles and stepping stones and baskets of interactive items.

ULTRA-VIOLET ROOM

The most stimulating sensory room, used as a space to deescalate and also great for sensory exploration. This room is fantastic for those who require more sensory input than others. This room includes the UV drawing board, magnetic tiles used for motor skills, tactile items and laser light projector.



OUR LOW AROUSAL LEARNING SPACES

IMMERSIVE SENSORY ROOM

Smallest of the sensory rooms which is a fully immersive Ocean Room. Used mainly for sensory decompression and relaxation for a couple of people at a time. Room includes immersive projector, heated water bed, bubble tube and wall, massage kit and interactive felt scene.



QUIET SPACE

Alternative relaxation space used for larger groups and for mindfulness. Used also as the lowest arousal room on site for 1:1 regulation.

STAFF

All of our staff are fully DBS checked, first aid and safeguarding trained and trauma informed.

Staff have extensive qualifications and experience working with vulnerable children with SEMH and SEND needs. We believe the most important aspect for child engagement is building strong relationships and trust with each child. We do this by getting to know that individual's needs as well as likes and dislikes. With this, we can then adapt sessions to ensure each child builds on their own confidence, self worth, goals and achievements. We promote inclusivity and resilience to help support children to reintegrate back into mainstream settings with the skills to thrive! We create a positive engaging space with a no pressure environment combining skills, team building, leadership, confidence whilst having fun and being creative and expressive in a positive safe way.

CURRENT SESSIONS

We run a part time provision with low numbers and higher staff ratios. We run 2 sessions per day

09:30 - 12:30

13:00 - 16:00

Introductory price at £80 per session. Contact us directly for our current availability.

Contact Details

Email: contact@zensbsensory.co.uk

Website: www.zensbsensory.co.uk/zen-alternative-provision/

Contact number: 07472468011

WHO ARE WE?

WHAT MAKES US DIFFERENT?

We have worked in a wide range of children's services including support, management, mentorship and learning and so pull from our extensive experience to create a holistic approach to learning.

We recognise there is more to a child's learning and education than the academic aspect. We focus on wellness, wellbeing and therapeutic support which paves the way for the child to achieve their goals and outcomes in academic education.

ZEN is a purpose built sensory centre, specifically designed with all necessary spaces and equipment for all needs. We are a fully inclusive setting and believe in an integrated society where we do not focus on labels and diagnoses but instead building a strong community where every child has the right to achieve and build friendships.

QUALITY ASSURANCE

We meet the guidelines for the quality assurance framework for North Yorkshire County Council and are set to be included on their approved providers list shortly!