

# Therapy Services for Mainstream Schools in Southend

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# Introduction:

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Therapy support for mainstream schools in Southend is provided by both Essex Partnership University NHS Trust (EPUT) and Southend-on-Sea City Council (SCC). Each organisation plays a complementary role in supporting children and young people (CYP).



**Southend-on-Sea City Council (SCC)** offers *universal and targeted* services that aim to upskill school staff and embed evidence-based approaches across settings. These services are designed to support whole-school development rather than focusing on individual children.



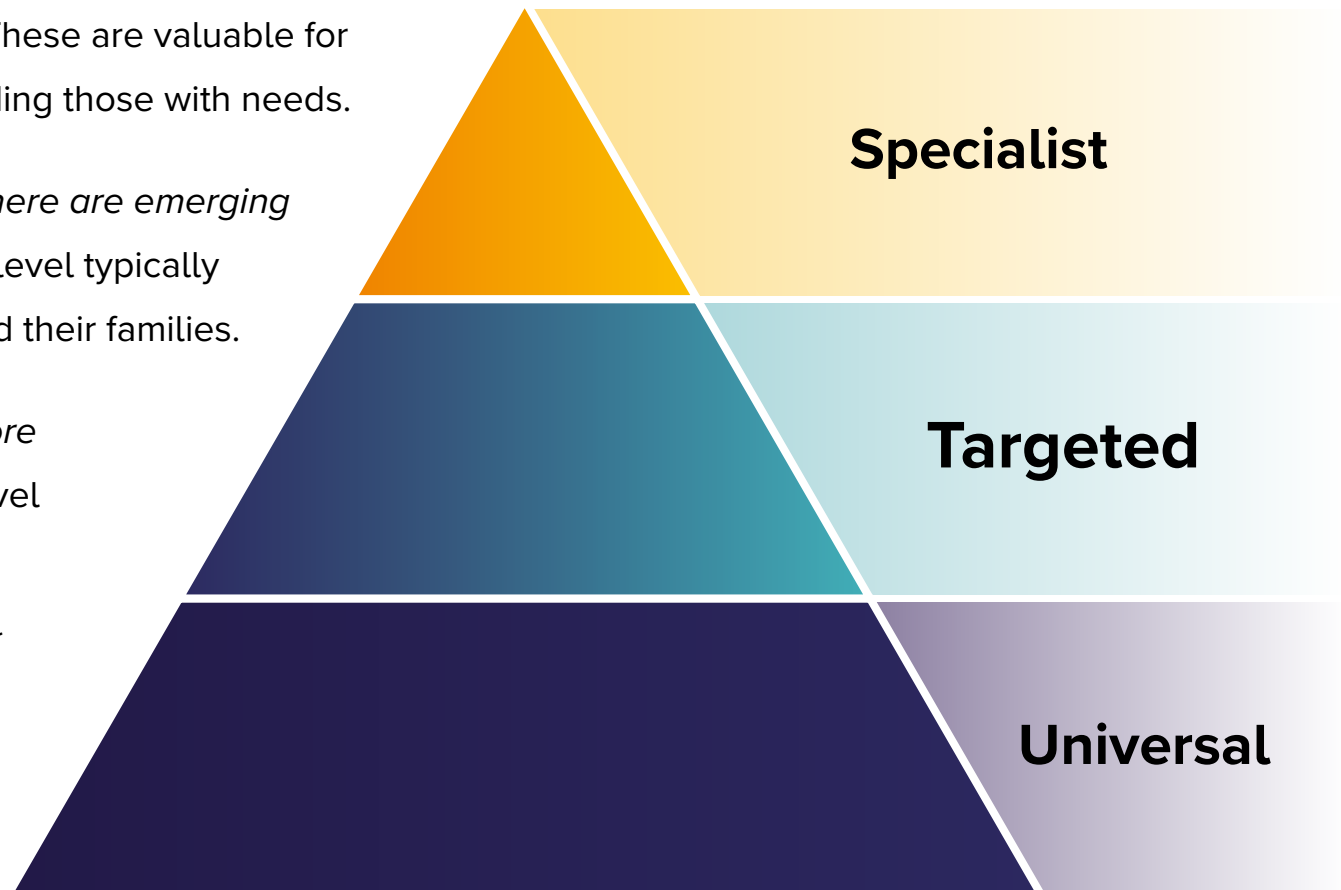
**Essex Partnership University NHS Trust (EPUT)** delivers services that include universal and targeted services, as well as individual *assessment and intervention* for CYP, and contributes to *Education, Health and Care Needs Assessments* where appropriate.

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## Therapy Services for Mainstream Schools in Southend

To help schools identify and meet the needs of all CYP effectively and early, services are offered across three levels of support:

1. **Universal** – Support for all children and young people, including general information and resources. These are valuable for school staff, families, and CYP, including those with needs.
2. **Targeted** – Support for CYP where *there are emerging concerns* or an identified need. This level typically offers enough input for most CYP and their families.
3. **Specialist** – Support for CYP with *more complex* or persistent needs. This level includes access to specialist advice, assessment, and intervention. Not all CYP will need specialist support all the time, but it may be essential at key points in their development.



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## Therapy Services for Mainstream Schools in Southend

We are working towards a **Balanced System<sup>®</sup>** approach to therapy service delivery across Southend, Essex, and Thurrock. This model supports a whole system approach to joined-up working with schools and strengthens the *graduated approach* for CYP with SEND. You can find more information about this framework at the end of this document.

Together, we are committed to ensuring our therapies offer to schools has an impact, and we will be monitoring this throughout the school year through qualitative and quantitative measures. We will publish an impact report in Summer 2026. If you have any feedback or comments, please contact us.



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# Speech and Language Therapy

Level	Offer	How to access
Universal	Verbo – Online speech and language platform offering screening tools and environment audits alongside staff training on a range of speech language and communication needs (SLCN) Schools can request support to use Verbo/carry out joint screeners to identify CYP with needs	<a href="#">Verbo sign up link</a> Request Verbo training or joint screening service – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Ask the SALT – monthly training session on Teams on a range of SLCN topics	Request training calendar – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	SALT advice line – Access on the spot advice for specific queries or general sign posting. Available Monday-Friday 09:30-11:30	01702 578601
	Websites for Southend schools to access further support	<a href="#">EPUT SALT website</a> <a href="#">Essex Padlet for Primary Schools</a>
	Every school has a Link SALT who can advise on universal adaptations to environments and provide training on universal SLCN strategies. Your link therapist will liaise with your school at least termly to meet with SENCO and discuss your schools needs.	Please email <a href="mailto:slteducationqueries@nhs.net">slteducationqueries@nhs.net</a> for link SALT details
Targeted	Verbo – After screening CYP, select targets to access resources and training videos to provide early help for emerging SLCN	<a href="#">Verbo sign up link</a> Request Verbo training or joint screening service – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Targeted intervention groups. Request a block of up to 10 weeks of intervention groups on a range of targeted areas to be co-run in your school with a trained SALT assistant.	Request targeted interventions – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Link SALT can offer advice and signposting to targeted interventions and training. They can deliver strategy demonstration sessions to build staff confidence, suggest groupings for children with similar targets, model group strategies, and advise on interpreting screening results in the context of individual needs (e.g. EAL, global delay).	Please email <a href="mailto:slteducationqueries@nhs.net">slteducationqueries@nhs.net</a>
Specialist	Referrals to SALT should be made after discussion with your link SALT Specialist assessment and interventions will be provided as required either in your school or clinic depending on the nature of the needs of the individual	<a href="#">SALT referral form</a>
	Link SALT will be able to provide strategy demonstration sessions to support school staff to work with CYP with more complex SLCN	Please email <a href="mailto:slteducationqueries@nhs.net">slteducationqueries@nhs.net</a> for link SALT details
	Link SALT will be able to provide training to support schools with more complex areas of SLCN as required through liaison with link SALT	Please email <a href="mailto:slteducationqueries@nhs.net">slteducationqueries@nhs.net</a> for link SALT details

# Occupational Therapy

Level	Offer	How to access
Universal	Ask the OT – monthly training session on Teams on a range of topics	Request training calendar – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	OT support line – Access on the spot advice for specific queries or general sign posting. Available daily 12:30 – 2:30	01702 372250
	Sensory toolkit – an interactive document produced by highly specialist OTs in Essex. It has been created for professionals and parent carers whose children and young people are experiencing sensory differences that are affecting their wellbeing and function	<a href="#">Sensory Toolkit for Schools</a>
	Regulation breaks package – highly specialist OT can visit your school for the day and provide up to 3 classroom audits and whole school training on supporting regulation effectively using cognitive and physical breaks	Request regulation breaks package – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Effective sensory spaces – receive an audit of your current sensory spaces from a highly specialist OT and gain recommendations to maximise its potential, or if you are considering a new sensory space, access support to design something to meet your needs	Request effective sensory spaces package – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Every school has a named OT who can advise on universal adaptations to environments and provide training on universal strategies. They will liaise with your school at least termly to meet with SENCO and discuss your schools needs.	Please email <a href="mailto:epunft.childrensphysioandotreferrals@nhs.net">epunft.childrensphysioandotreferrals@nhs.net</a> for details of your named OT
Targeted	<ul style="list-style-type: none"> <li>• Sensory Q&amp;A sessions supporting the use of the sensory toolkit, including how to write a plan.</li> <li>• Life skills workshops – offering advice about managing personal care</li> <li>• Functional skills workshops – offering advice on handwriting, mark making, organisational skills and managing at mealtimes</li> </ul>	Ring to book on: 0344 257 3952
	Named OT will be able to offer advice and signposting to a range of targeted interventions and training.	Please email <a href="mailto:epunft.otenquiries@nhs.net">epunft.otenquiries@nhs.net</a> or contact support line on 01702 372250
	Posture care workshops. For those caring for children with physical disabilities. Provides essential information about the 24-hour approach for the protection of a person's body shape.	Contact support line on 01702 372250 <a href="mailto:epunft.otenquiries@nhs.net">epunft.otenquiries@nhs.net</a>
Specialist	Referrals to OT should be made after discussion with your named OT. Specialist assessment and interventions will be provided as required, either in your school or clinic, depending on the nature of the needs of the individual	<a href="#">OT referral form</a>
	Postural care pack for children with physical disabilities.	Contact school's named OT
	Specialist equipment will be recommended as required for individual needs after discussion with your named OT	Contact school's named OT

# Physiotherapy

Level	Offer	How to access
<b>Universal</b>	Physiotherapy support line – Access on the spot advice for specific queries or general signposting. Available daily 12:30-2:30	01702 372252
<b>Targeted</b>	Postural management workshops. These workshops are for those caring for children with physical disabilities and provide essential information about the 24-hour approach for the protection of a person's body shape.	01702 372252 (support line mon–fri 12.30 – 14.30) <a href="mailto:epunft.lighthouse.physiotherapy@nhs.net">epunft.lighthouse.physiotherapy@nhs.net</a>
	Bend Kids Workshop for children with hypermobility: help understand hypermobility and how to self-manage any resulting difficulties	01702 372252 or <a href="mailto:epunft.lighthouse.physiotherapy@nhs.net">epunft.lighthouse.physiotherapy@nhs.net</a>
<b>Specialist</b>	Please call support line to discuss potential referrals to physiotherapy. Specialist assessment and interventions will be provided as required either in your school, the child's home or local clinic depending on the nature of the needs of the individual	Please email <a href="mailto:epunft.childrensphysioandotreferrals@nhs.net">epunft.childrensphysioandotreferrals@nhs.net</a> or call support line
	Specialist equipment will be recommended as required for individual needs	01702 372252 (support line mon–fri 12.30 – 14.30) <a href="mailto:epunft.lighthouse.physiotherapy@nhs.net">epunft.lighthouse.physiotherapy@nhs.net</a>
	Postural care pack for children with physical disabilities. These packs contain: <ul style="list-style-type: none"> <li>• A daily postural management programme information about equipment, how and when to use it and how to look after it</li> <li>• Information about pressure care</li> <li>• Training will be given about the implementation of individual postural care advice.</li> </ul>	01702 372252 or <a href="mailto:epunft.lighthouse.physiotherapy@nhs.net">epunft.lighthouse.physiotherapy@nhs.net</a>

# The Balanced System<sup>®</sup> framework

The Balanced System<sup>®</sup> framework is a way of making sure that in a setting, school or local area, the right provisions are available for parents, carers and professionals to help children and young people.

In Southend, Essex and Thurrock we are using this framework to help us ensure that therapies provision is planned and delivered in a structured, coordinated way – across universal, targeted and specialist levels – in the right setting, at the right time for the child or young person.

## The system provides:

- **Continuum of Support:** Children can move between the universal, targeted and specialist levels as necessary
- **Flexible Pathways:** Children and Young People can access support from one or more levels simultaneously depending on their need
- **Integrated Workforce:** The system emphasises the importance of a collaborative workforce, including specialist professionals and wider staff members to support all levels.



# The Balanced System<sup>®</sup> framework

We will be working across the below five strands to effect sustainable **whole system change**.



More information can be found here:

[About the framework: The Balanced System Pathway](#)