

Trinity Academy Newcastle Multi Academy Trust



Welcome

Calm

Experience a peaceful educational setting

Trinity Academy Newcastle provide education for children with social-emotional and mental health difficulties in Newcastle.

Honest

Achieve success with supportive and predictable staff, with nurturing feedback about meeting your goals

The Sanctuary is a new therapeutic provision developed by Trinity Academy Newcastle. It provides bespoke education to children and young people who have faced past experiences around trauma and mental health. By building a firm understanding of a child's needs from the start, we can develop a combined package of education and therapeutic practices to help your child have a positive future.

Kind

Interact with others in a friendly and considerate environment

The Environment

Every moment matters

The Sanctuary will provide an environment of nurture and safety, helping reduce the stress levels placed on the child and enabling them to be able to fully engage in learning. We will then use our therapeutic approach in every interaction to build strong personal relationships, helping our children feel both listened to and accepted unconditionally.

Using this strong connection, we can help our students co-regulate their emotions assisting them to build new positive behaviour which they can use to regain control of their emotions. Then, by praising positive behaviours and listening non judgementally, we can help students gain a deeper understanding of their emotions and feeling, enabling them to not act using previous behaviours but using past experiences to respond.



Our therapeutic environment is based on the importance of positive relationships, using the framework from Trauma-informed Schools UK.

Therapeutic

approaches

striving for excellence

The Sanctuary therapeutic offer uses a combination of approaches to meet the diverse needs of each child.

Individual therapeutic support within the Sanctuary will be developed by Trinity's Multidisciplinary Therapeutic Team. Using the information gathered during the consultation, this team will create an individual training and therapeutic plan which has been developed to best meet the child's needs.

Firstly, the focus will be on helping the child and their parents and caregivers settle into the new learning environment. Through the use of attachment play and positive interactions using our nurturing approach, we can create trusting relationships helping develop a sense of safety. We will build a team around the child of strong attachment figures, ensuring they always have someone to go to in times of need.

From here, we can start the process of focus therapeutic work by our on-site psychotherapeutic counsellor, as well as integrate sensory and healing activities into the daily timetable. This integrated approach allows for staff in the Sanctuary to work together to drive forward healthy progress.

Our therapeutic approach will use a range of resources at our disposal to fully explore, understand and support our children's needs.

These include narrative play, sand tray, trauma focus cognitive behavioural therapy, bibliotherapy and the use of virtual reality.

Also, we will work with external services when needed to provide the additional support our children may require. Our centre is designed to work collaboratively with all agencies to provide the best service possible.

We aim to help all our children integrate fully into society and education. To help this, once the challenges and needs have been addressed, we will develop a process to support the transition for the child's next steps. This will involve a "toolkit" for both the child and any others involved to best prepare everyone for the future.

Bespoke education

Changing lives daily

Our educational package is shaped around the children's strengths and ambitions. As English and Maths is essential to all, we use CENTURY Tech, an advanced online learning system that develops an individual programme suited to your child. This online system can be accessed 24/7 enabling your child the ability to access education even if they can't access the building.

Linking in with our Trust's strong vocational background, we will source internally or externally, programmes that both highlight your child's strengths and can help them progress towards their goals.

All bespoke plans at the Sanctuary will be unique to each child and designed together with the Parents, caregivers, and all others involved in supporting that child's journey.



Parent and caregiver support

As part of our drive to support your child's needs, the Sanctuary can offer further support to the families, helping us all work together effectively.

Using the elements of Theraplay, combined with our understanding of attachment and childhood development, our BRAVE parenting programme can help parents and caregivers learn more about what drives their child's behaviour. This non-judgmental and inclusive training aims to provide parents and caregivers not only skills and knowledge to support challenging behaviour but to build a sense of self-compassion for themselves. Also, these programmes aim to build a network of parents and caregivers that can offer mutual support and guidance, helping everyone realise they are not alone in facing these challenges.

For more details please contact:
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Preparing the parents of the future