



**St. Rose's**  
Inspiring Education, Therapy & Care

## WHAT MAKES ST ROSE'S SPECIAL?

As a parent or carer of a child or young adult with complex physical disabilities and additional needs, you want to be sure that the educational facility you are choosing can offer the very best in terms of Education, Therapy and Care. At St Rose's we have been doing just this for over 100 years and at St Martin's Specialist College since 2011.

We are committed to helping all our students achieve their full potential and their ambitions. Our dedicated and skilled team of teachers, therapists and carers work closely together to enable this to happen for each young person. Collectively we aim for personal growth and independence at a personal level for each student, however each individual works at their own pace and level to maximise their potential.

## FACILITIES AT ST ROSE'S

Both St Rose's and St Martin's are fully wheelchair accessible with many excellent facilities on site. These include our state-of-the-art hydrotherapy pool, sensory room, sensory garden, dedicated therapy spaces, trampoline and extensive grounds.

All learning is appropriately differentiated to each student's needs. Each classroom has a range of technology to support learning including interactive plasma screens accessed through touch screen or switch and iPads. Each area is led by a multi-disciplinary staff team, with every student having an individualised timetable blending education, therapy and care elements. Students with profound and multiple learning difficulties follow a developmental sensory curriculum. Sensory diets and sensory integration strategies (overseen by our occupational therapy team) are used with students who have sensory processing difficulties.

We adopt a 'Total Communication' approach throughout the school and college, ensuring that all forms of communication are valued. Social and emotional aspects of learning are promoted through personal development lessons as well as social and other activities.

All students in KS4 and KS5 work towards a wide variety of awards and accreditations including:

- Foundation Literacy and Numeracy;
- Entry level certificates;
- AQA unit awards;
- ASDAN Towards Independence
- Ascentis Music Accreditation.

We have our own wheelchair accessible vehicles and our students regularly visit the local community and beyond.

St Rose's and St Martin's take part in on-site, local and regional sporting activities and galas. These challenges help motivate the students to achieve greater independence.



## OUR SPECIALISMS

### ► Autism Spectrum Disorder

We offer a person centred approach to students with autism. Students benefit from highly structured personal programmes, incorporating an adapted curriculum and therapeutic support. We employ a range of strategies suited to individual need. We place emphasis on developing social communication and interaction, managing sensory needs to enable learning and promoting independence.

Students work in small classes with a core team of staff to ensure consistency across their day.

### ► Profound & Multiple Learning Difficulties

For students with profound and multiple learning difficulties education follows a developmental sensory curriculum with a holistic approach to all learning opportunities. Students are involved in sensory stories, art and creative activities, cooking, visiting local shops and more. By offering a wide range of experiences, that students can explore in their own particular way, our curriculum is lively, varied and functional. We follow the core subjects of English, Maths, Science, RE and IT as well as a range of creative subjects.

By providing small class sizes with a high staff to student ratio, we can provide students with a safe, nurturing and stimulating environment. We also offer 24 hour nursing support, as well as specialist staff, dedicated to the education and care of the students. By using postural beds in class, we can ensure that no student misses out on learning opportunities.

### ► Physical disability & Sensory Impairment

Many of our students have sensory impairments combined with physical and/or learning difficulties. We ensure that our students' needs are fully addressed with each student having access to the specialist professionals' input appropriate to their needs.



## ► Complex Health Needs

At St Rose's and St Martin's, we care for students with both congenital and acquired disabilities, many of whom have related complex health needs including neurology, endocrine, metabolic and respiratory conditions.

Our on-site team of nurses and therapists develop individual health care plans for each student with complex health needs in collaboration with the student, their families, external health professionals and the multi-disciplinary team at St Rose's.

Should one of our students be admitted to hospital, we are able to offer support to the student and their family as well as providing the ongoing care required to enable the student to return to St Rose's as soon as possible to continue their education.

## ► Nursing

Our fully qualified, dedicated nursing team offer 24 hour nursing care to meet the complex medical needs of all the young people placed in our care. All students requiring medication have an individual Medicine Administration Record and medication is administered by a nursing team or senior care team member who has undertaken the necessary training.

We facilitate health-related clinics at St Rose's to ensure we are involved in the on-going care of each student. These include clinics run by Consultant Paediatricians, Dieticians, Dentists and Orthotists.

## CONTACT

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**St. Rose's**  
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## A warm welcome to our nursery for children age 2 to 5 years

Our nursery at St Rose's offers your child a safe and stimulating environment in which all children can learn through play, exploring, experimenting, creating and thinking critically. They develop alongside their peers no matter what their individual need.

St Rose's is a non-maintained Catholic school in Stroud, established by Dominican Sisters in 1912.

The Gospel message is at the heart of everything we do which ensures that all our children feel happy, safe, valued and loved. We welcome children of all religions and denominations and none, between 2 and 5 years of age, with or without disabilities or additional needs.

At St Rose's nursery we firmly believe that every child is unique and we adapt our approach to take account of each child's needs. We believe in providing education, without barriers, helping all our children develop their own sense of independence, ensuring their individual needs are met. Through our fully accessible facilities, we are able to support children with physical disabilities, sensory, learning and/or communication difficulties, including those with complex health needs. There is access to a range of on-site therapists who work with our nursery staff to provide the specialist support your child may require.

### OUR FACILITIES

We have a lovely bright room which has a wide range of toys chosen to enable our children of all abilities to enjoy them, as well as our very own covered outdoor area which allows our children to have free flow and safely access the garden throughout the day. Our nursery is an integral part of St Rose's and our younger children play an active part in the life of the school. They get involved in school events and regularly join older students for events and celebrations. We also have many celebrations and events of our own.

With facilities such as our own hydrotherapy pool where all our nursery children swim each week, the sensory garden and sensory room and the extensive school grounds, your child will experience a range of activities each day. As a group we love exploring and we ensure we organise a number of trips, both in the local community and further afield. These include visits to the seaside, woodlands, farm parks and on a specially designed canal boat. We have our own fleet of minibuses, each with wheelchair access, all our children can access our excursions.

**"The resources are of a very high quality including a number of items of specialist equipment to support children with Special Educational Needs and/or disabilities" OFSTED 2014.**

Individual needs are identified by our highly skilled and experienced early years staff who monitor our children closely. If they identify children who may need additional support, a number of steps may be taken to support them. These include:

- Liaising closely with parents and carers to support the needs of the individual child
- Writing an individual plan, called a My Plan, to identify individual targets, in consultation with parents/carers
- Referral to outside agencies where required such as the Advisory Teaching Service, Portage, Community Therapists and Educational Psychologists
- Where external support is sought, completion of a My Plan + which will bring together the advice from all professionals involved with the child

- Close liaison with external professionals who visit the setting when required
- Multi-professional meetings and reviews of My Plan +
- Initiation of statutory assessment leading to the provision of an Education and Health Care plan if appropriate.

## OUR APPROACH TO EDUCATION

Within the nursery we follow the Early Years Foundation Stage, a play based framework that encourages children to learn through play, exploring, experimenting, creating and thinking critically. By actively removing barriers to learning, using alternative approaches, equipment and sensory experiences, our children learn through play at their own pace whilst having fun and enjoying as many positive experiences as possible. The Early Years Foundation Stage has seven areas which are split into Prime and Specific areas. The Prime areas focus on personal, social and emotional developments, communication and language and physical development.

As children grow and develop, gaining a solid understanding of the prime areas will help them to develop skills in the four specific areas which include literacy, mathematics, understanding the world, expressive arts and design

**“parents are very happy with the care and education their children receive and express they are pleased with the progress their child has made. parents further comment that the support from staff is ‘fantastic’ and ‘if they have any concerns there is an open door policy’” OFSTED 2014**

## NEXT STEPS

Our nursery is open from 9.00 am until 3.30 pm Monday to Friday during term time. We offer funded nursery places for 2, 3 and 4 year olds and are flexible with those hours.

To experience our nursery in action, please call 01453 763793 and speak to our Nursery Manager to arrange an individual tour and meeting. We look forward to welcoming you and your child very soon.

## NEXT STEPS...

The nursery at St Rose's  
Stratford Lawn  
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**St. Rose's**  
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## A warm welcome to our school for students age 5 to 16 years

### OUR PHILOSOPHY

St Rose's is a lively, non-maintained Catholic day and residential specialist school in Stroud, established by Dominican Sisters in 1912. The Gospel message is at the heart of everything we do which ensures that all our students feel happy, safe, valued and loved.

At St Rose's we believe in education for all, without barriers. Our children and young people have a range of physical disabilities, sensory, learning and communications difficulties (including autism) and complex health needs. We integrate Education, Therapy and Care and offer a seamless and individual service for each student which seeks to maximise their full potential and sense of independence. Residential care is available so our students can apply to attend St Rose's from across Gloucestershire, South Gloucestershire, Bristol and outside of the local area.

We have a wide range of on-site facilities and through a trans-disciplinary staff team, we have created an inspiring community environment with personalised learning programmes. This enables each of our students to succeed at their own level. Not only are our students proud of their achievements, they also enjoy the sense of belonging to St Rose's family.

We will help you manage your child's transition into St Rose's whether they are moving from our own nursery environment or joining us from another school.

Student progress and achievement are shared with parents in a range of ways. These include Individual Plans (a document which combines an Individual Education Plan and an Individual Therapy Plan); care plans; person-centred annual review meetings, parents' consultations, written reports and a home-school communication book. We ensure that the student is the focus of all decisions and that appropriate support is offered to the family. All of these methods are designed to capture and report a holistic view of each student that allows us to celebrate progress in many areas.

### INSPIRING EDUCATION...

We believe that learning can and should take place at any time throughout the day. Our broad and balanced curriculum is suitable for the needs of the individual with half termly topics incorporating all subjects in a cross-curricular way. All learning is appropriately differentiated taking into account student needs. The core subjects of literacy, numeracy, science, IT and RE are delivered either through a sensory developmental curriculum for our most complex students or as individual subject areas. Non-core subjects including Communication, Physical and Personal & Social Development are also key areas of our curriculum. All students in Key Stage 4 work towards a wide variety of awards and accreditations.

Classes are also grouped according to student need and approach to learning. Specialist staff use a variety of methods in order to maximise students' progress. The classes are kept small in size with a high staff to student ratio which ensures that staff understand the needs of the students exceptionally well. Staff carry out regular and robust assessments of the students in order to plan individual outcomes and ensure that their needs are met.



## THERAPY

St Rose's offers a safe and nurturing setting with a range of specialists working together to support each individual student. We employ our own therapists, who are on site each day, enabling us to provide a wide variety of therapies alongside our education provision with therapy sessions taking place in class, when appropriate. Our trans-disciplinary team of professionals, which includes class teachers, therapists and teaching assistants, set challenging targets which allow for individual achievement. Further information about our range of therapies is available in this prospectus.

## CARE

Our staff are highly trained specialists, with many skills in working with a range of students. We carry out individual moving and handling plans, individual risk assessments, personalised health care plans and classroom risk assessments. We also offer the reassurance of nursing support on site. Further information about our care facilities is available in this prospectus.

## ...AND HAVING FUN

We provide a wide range of activities for our students, including sports and social events. We also hold a number of after-school clubs and have our own Scout group.

**For further information about our extra-curricular and social activities please refer to the insert in this prospectus.**

**"Education, health and care provision is seamless"**  
(Ofsted May 2014)

## NEXT STEPS...

To get in touch, find out more or arrange a visit, please contact the Principal by calling 01453 763793 or email [admin@stroses.org.uk](mailto:admin@stroses.org.uk). Further information about the facilities and services we provide can be found at [www.stroses.org.uk](http://www.stroses.org.uk)







**St. Rose's**  
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## A warm welcome to our 16 to 19 Provision

### OUR PHILOSOPHY

St Rose's is a lively non-maintained Catholic day and residential specialist school in Stroud, established by Dominican Sisters in 1912. The Gospel message is at the heart of everything we do which ensures that all our students feel happy, safe, valued and loved.

At St Rose's we believe in education for all, without barriers. Our students have a range of physical disabilities, sensory, learning and communication difficulties (including autism) and complex health needs. We integrate Education, Therapy and Care and offer a seamless and individual service for each student which seeks to maximise their full potential and sense of independence. Residential care is available so our students can apply to attend St Rose's from across Gloucestershire, South Gloucestershire, Bristol, Wiltshire, Somerset and outside of the local area.

With a wide range of on-site facilities and through a trans-disciplinary staff team, we have created an inspiring community environment with personalised learning programmes. This enables each of our students to succeed at their own level. Not only are our students proud of their achievements, they also enjoy the sense of belonging to St Rose's family.

We will help you manage your young person's transition to Post-16 whether they are an existing St Rose's student or want to join us at this stage in their education. New students are very welcome and we enjoy the new perspectives they and their families bring to our community.

Student progress and achievement are shared with parents in a range of ways. We ensure that the student is the focus of all decisions and that appropriate support is offered to the family.

### INSPIRING EDUCATION...

St Rose's has a Programme of Study for Post-16 students which includes Health and Well-being, Independent Living Skills, Community Participation, Work Related Learning and Transition. The core subjects of literacy, numeracy, science, IT and RE are delivered either through a sensory developmental curriculum for our more complex students or as individual subject areas. We have a holistic approach that is delivered across the waking day.

Students have opportunities for internal and external work experience and the Personal and Social Development curriculum covers the spiritual, moral, social and cultural needs of our students including an understanding of British values, E-safety and Prevent where appropriate. These are embedded throughout the curriculum.

There is an emphasis at Post-16 on preparation for adulthood and our broad and balanced curriculum, together with our personalised approach to learning, allows each student to work towards a range of appropriate accredited courses.

Our classes are grouped according to student need and approach to learning with specialist staff using a variety of methods to maximise progress. By keeping class sizes small with a high staff to student ratio, we create a nurturing and safe environment where students are happy and responsive and able to make good progress.

The Post-16 team at St Rose's aims to ensure our students have opportunities to consider the future and make decisions about their preferences in a way that is relevant to them. They are encouraged to have more independence wherever possible and students have their own common room and are not required to wear school uniform.

## THERAPY

St Rose's offers a safe and nurturing setting with a range of specialists working together to develop each individual student's progress. We employ our own therapists who are on site each day enabling us to provide a wide variety of therapies alongside our education provision with therapy sessions taking place in class, when appropriate. Our trans disciplinary team of professionals, which includes class teachers, therapists and teaching assistants, set challenging targets which allow for individual achievement. Further information about our range of therapies is available in this prospectus.

## CARE

Our staff are highly trained specialists, with many skills in working with a range of students. We carry out individual moving and handling plans, individual risk assessments and personalised health care plans. We also offer the reassurance of nursing support on site. Further information about our care facilities are available in this prospectus.

## ...AND HAVING FUN

We provide a wide range of activities for our students, including sports and social events. We also hold a number of after-school clubs and have our own Scout/Explorers group.

**For further information about our extra-curricular and social activities please refer to the insert in this prospectus.**

**"Education, health and care provision is seamless"  
(Ofsted May 2014)**

## NEXT STEPS...

To get in touch, find out more or arrange a visit, please contact the Principal by calling 01453 763793 or email [admin@stroses.org.uk](mailto:admin@stroses.org.uk). Further information about the facilities and services we provide can be found at [www.stroses.org.uk](http://www.stroses.org.uk)





**St. Rose's**  
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## A warm welcome to St Martin's Centre for students age 19 to 25 years

### OUR PHILOSOPHY

At St Martin's we believe in education for all, without barriers, by integrating Education, Therapy and Care for young adults with physical disabilities, sensory, learning and communication difficulties and complex health needs. We offer a seamless and individual service for each student, seeking to maximise their full potential and sense of independence. Students can apply to attend St Martin's from across Gloucestershire, South Gloucestershire, Bristol and Wiltshire and from outside the local area.

Situated close to the centre of Stroud, St Martin's is a Catholic independent Specialist College offering young adults (19-25) opportunities to make choices, feel valued and grow in their ability to see themselves as an essential part of the community. We are a forward-looking college and have links to our local FE College together with other local provision.

The Gospel message is at the heart of everything we do which ensures that all our young adults feel happy, safe, valued and loved. We welcome students of all faiths and none.

Education, Therapy and Care are delivered holistically to all our students. Each student is involved in creating their own personalised pathway, encompassing their own needs, interests and aspirations.

We want our students to be able to offer friendship, encouragement, care and support to one another whilst gaining confidence to take the next step on their life journey.

### STUDENT AND PARENTAL INVOLVEMENT

Moving from the world of education to the variety of adult services can be a difficult period. St Martin's works closely with families, students and placing authorities to ensure each student is provided with improved opportunities to be prepared to meet the demands of adult life and develop the appropriate skills. Our young people are involved in planning and reviewing their progress in all aspects of their learning and development needs and their future is always a key area of our focus.





## OUR CURRICULUM HELPS REALISE POTENTIAL

There is a strong emphasis on equality and diversity throughout our curriculum and all our staff work together to provide our students with the best opportunities to grow and develop, helping individuals realise their potential. Our Preparation for Adulthood Course is aimed at young adults from 19 to 25.

The outcomes for students and their future destinations are a key area of discussion from the beginning of their course. The next step for each student is explored in regular Transition meetings involving the student, tutor, key worker, parents/carers and Local Authorities, as appropriate.

Each student's personalised curriculum and learning plan combines education, therapy and care. Essential elements cover functional skills (numeracy, literacy and ICT), work-related learning, independent living skills, personal development, communication and physical well-being. We also offer a variety of different courses including science, creativity, drama and technology.

Students with profound and multiple learning difficulties follow a developmental sensory curriculum which includes sensory diets, integration strategies and a 'Total Communication' approach.

By using a 'Total Communication' approach throughout St Martin's, we shift the focus away from a reliance on spoken and written communication. Instead we have a culture where gestures, body language, signs, symbols, photographs, objects of reference and electronic aids are used in a consistent manner to support speech or as an alternative to speech.

St Martin's Centre offers education without barriers, providing each individual with the opportunity to be inspired, to make choices relevant to them, to feel valued, to develop their own sense of independence and to be supported to achieve their goals and reach their full potential in a positive environment.

**"Expectations for all students are high and they achieve outstanding outcomes."  
(Ofsted December 2016)**





## THERAPY

St Martin's offers a safe and nurturing environment with a range of specialists working together to develop the individual student. We employ our own therapists who are on site each day enabling us to provide a wide variety of therapy alongside our education provision with therapy sessions taking place in class as appropriate. Our team of professionals, including class teachers, therapists, teaching assistants and dual role staff, set challenging targets which encourage individual achievement. Further information about our range of therapies is available in this prospectus.

## CARE

Our staff are highly trained specialists, with many skills in working with a range of students. We carry out individual moving and handling plans, individual risk assessments, personalised health care plans and classroom risk assessments. We also offer the reassurance of 24 hour nursing support. Further information about our care facilities are available in this prospectus.

## RESIDENTIAL

St Martin's bright and modern buildings provide facilities and equipment designed to make student life easier and more enjoyable. We have specially equipped classrooms, bright en-suite bedrooms, large dining and study areas, all designed very much with students in mind.

## ... AND ENJOYING LIFE

Our young adults have access to a range of extra curricular activities as outlined in our prospectus. We also provide a range of student led activities which allows each person to develop additional life skills and more independence. We always do our best to facilitate what the young people want to do and consult and involve them when making plans for the extended day, evenings and weekends.

St Martin's is within close proximity of the town centre of Stroud with access to all facilities such as banks, shops, cafes, pubs and leisure facilities including a bowling alley and cinema.

We support our young adults to attend concerts, music festivals, shows, sports events and other special events and places of interest. It is important that they all feel empowered and have opportunities to pursue their own interests whether that is attending Local Council Meetings, playing in an orchestra or spending time in our on-site sensory room.

## NEXT STEPS...

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## Beyond the classroom

### RESIDENTIAL CARE

For over a century, St Rose's has provided exceptional care to our students. This care extends beyond the classroom as many of our students live with us during school and college terms.

Being away from home can be a big challenge for students and their parents. We strive to create an environment that reassures both students and their families by establishing a relationship prior to them staying. This helps ensure all concerned are confident their individual needs will be met in a family-orientated setting, underpinned by our Gospel values, where everyone is treated with respect and dignity.

Not only do our dedicated, caring and highly trained staff provide 24 hour care, by working together we ensure all our residential students have a range of new activities and opportunities to inspire them to achieve their optimum level of participation and independence. With our own transport, students are encouraged not only to access facilities in the local community and Stroud, but also to go further afield.

Students are also encouraged to use the excellent on-site facilities during their residential stays. Our bedrooms are large and students and their families are encouraged to personalise them. Specialist equipment is provided according to individual needs.

We offer a variety of flexible residential options to suit you and your child and are happy to discuss them with you at any time.

### SHORT BREAKS

We recognise that our students' families sometimes need a breather and we can provide a range of short breaks suitable for our students. These can range from day, evening, overnight and weekend breaks during term time and also during part of the holidays. As staff know the children and students so well, they are able to support them with therapy programmes and learning targets during evenings and weekends.

We also provide partnered activity breaks with Active Impact, to deliver 48 hour residential stays for students from St Rose's and the wider Gloucestershire community. These specially supported themed breaks provided by specialist staff take place in the community where we access mainstream facilities and activities. They enable us to bring young people together with and without disabilities to share unusual and enjoyable experiences. Please contact us to find out more.



## HOLIDAY SCHEME

Our week-long summer holiday scheme has a rich history and provides parents and carers with a much needed break. Not only can our own students from St Rose's take part, but we also welcome young people with similar needs from the local community. The holiday scheme is an inclusive activity, well supported by young volunteers. As such, it provides an exciting opportunity to meet new people and make new friendships in a relaxed and safe environment.

Our students and staff look forward to the holiday scheme where we provide a range of fun activities as well as regular trips out to local places of interest using our own fleet of wheelchair-accessible vehicles. Staff provide age-appropriate evening activities and students enjoy meals in local restaurants or evenings in with a take-away and a good film.

Feedback from parents and carers is that the week always exceeds expectations and they would like it for longer.

## CONTACT

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**St. Rose's**

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## Therapies

Therapy is an integral part of our students' lives at St Rose's and St Martin's. Our team of experienced therapists, employed by St Rose's, work alongside education and care staff, providing integrated, holistic support for all students. Each of our specialist therapists brings their own particular expertise and by working collaboratively with colleagues, we ensure all students benefit from a personalised programme specific to their unique needs. Therapy is embedded into the whole day; during lessons, breaks and when students are in residence.

Therapists work with parents, students, teachers and carers to develop both short and long-term goals for each individual in our care.

All of our therapists are members of the professional bodies relevant to their own discipline and of the Health and Care Professions Council where applicable.

## OCCUPATIONAL THERAPY

The Occupational Therapist at St Rose's works with students, their families, carers, school staff and the trans-disciplinary team within the school and beyond, ensuring a consistent approach across every aspect of the students' lives. Our on-site therapist takes a responsive approach to student need and offers interventions which are embedded across the waking day.

Occupational Therapy supports students to develop the skills they need to perform everyday tasks - from self-care activities, work and productivity, to taking part in leisure and recreational activities. Therapy is delivered within classrooms, residential settings and in our own therapy department.

Occupational Therapy can support a student in many different ways; from moving and handling, equipment provision, minor adaptations, upper limb management, behavioural approaches, access to the curriculum, access to communication devices, ICT and environmental controls, eating and drinking functional assessments, to independence skills development, wheelchair driving skills and many more.



## ► Sensory Integration

Sensory Integration is the foundation for function within all aspects of daily life. How our senses of sight, sound, touch, taste, smell and movement integrate, helps us form a complete understanding of who we are, where we are and what is happening around us.

People who have difficulties in Sensory Integration have problems processing some sensory information. This often manifests itself in specific behaviours relating to the area of sensory dysfunction.

By helping our students recognise sensory need using positive and constructive sensory activities, we can help individuals develop a more mature and efficient way of organising their sensory input.

Our Occupational Therapist plays a fundamental role in assessing and providing treatment or input for students with sensory difficulties. By designing programmes, often making environmental adaptations and assisting with strategies and equipment, the young person is able to learn, move, and develop appropriate behaviours aiming to be as independent as possible.

The Sensory integration approach is incorporated as part of our lessons, break and leisure times within the school and college. Professionals from within the school, college and outside agencies liaise in the assessment and provision of sensory integration at St Rose's.

## PHYSIOTHERAPY

The highly specialist team of physiotherapists at St Rose's play a vital role in supporting the education, care, physical development and comfort of all students who have physical needs.

Physiotherapists work with students in a number of different locations throughout St Rose's. These include our specialist physiotherapy room, the multi-sensory hydrotherapy pool, in classes, residential areas, outside or on the trampoline. Working collaboratively with families, carers and other members of the therapy team, care team and school staff, we work to develop and improve each student's motor control and skills.

Our team members have expertise in paediatric neurodevelopment, postural management, manual handling, therapeutic riding, exercise programmes and Aquatic Therapy.

## ► Aquatic Therapy

Our state of the art hydrotherapy pool with sensory lighting and sound system, ensures that St Rose's remains a centre of excellence for children and young adults with physical and/or learning disabilities. Aquatic Therapy is highly beneficial to many students, who really enjoy their increased independence and freedom from equipment whilst in the water. Programmes are developed by the physiotherapy team to work alongside the student's land based goals.

Aquatic therapy is led by the physiotherapy team providing physiotherapy, risk assessments, manual handling plans and training to other members of staff assisting in the delivery of this specialised service. Our physiotherapy staff have all had post graduate training in delivering neurological paediatric Aquatic therapy.



## ► Rebound Therapy

The therapeutic use of a trampoline facilitates movement, promotes balance and body awareness, whilst helping to increase or decrease muscle tone, promote relaxation, sensory integration, improve fitness, exercise tolerance and communication skills.

Students benefiting from Rebound Therapy have a range of disabilities from mild to severe physical disabilities; from mild to profound and multiple learning disabilities, sensory impairments and autism.

St Rose's has a full sized trampoline which can be accessed by a gantry hoist, ensuring the trampoline can be enjoyed by all.

Our physiotherapy team have specialised training in the use of rebound therapy and this type of therapy may be incorporated into student's physiotherapy programmes or delivered as a separate therapy depending on the individual's needs.

## MASSAGE THERAPY

Massage therapy helps support the general health, well-being and comfort of the children and young people at St Rose's and St Martin's. It can be used to promote relaxation or increase arousal levels, improve body awareness, enhance circulation, encourage choice, two way communication and turn taking. Treatments take place in a quiet, relaxing environment, generally delivered on a one to one basis.

Using a variety of manual techniques to manipulate muscles and other soft tissues of the body, massage combines both passive movements and stretches to further enhance the benefits of the treatment. Massage can also be a positive experience, supporting students with sensory difficulties. Treatments can be designed to provide appropriate levels of tactile and proprioceptive stimulation as part of the wider sensory processing intervention.

Our students at St Rose's have complex and varying needs, requiring a responsive and adaptive approach. With our Massage Therapist on site, students' needs can be met as they arise. Working particularly closely with Physiotherapists to carefully plan the most appropriate and beneficial treatment for each student, our Massage Therapist can also help parents and carers deliver massage with training and guidance .

## SPEECH AND LANGUAGE THERAPY

At St Rose's, our Speech & Language Therapy team work hard to ensure that every student has a voice. We embrace a Total Communication approach and value all forms of communication and interaction.

Our Speech and Language Therapists have many years' experience working with students with complex communication difficulties. By combining continual learning and innovation with professional expertise, we can offer the very best service to those that we work with.

At St Rose's we place our students and their families at the centre of what we do. By working collaboratively with the whole inter-disciplinary team, we set person-centred communication goals that are evaluated jointly with teaching, therapy and care colleagues.



We use a number of different communication approaches and resources at St Rose's to support students to develop communication skills further. These include:

- All forms of low-tech Alternative and Augmentative Communication (AAC), Signing (BSL and Makaton), Talking Mats, communication books, charts and schedules, Picture Exchange Communication System (PECS), switches, Objects of Reference and Communication Passports.
- High-Tech AAC, incorporating the use of Voice Output Communication Aids and Assistive Technology with specialised on-site support from our ICT Manager.
- Use of Eye Gaze Technology enabling pre-intentional and emergent communicators to access a range of software for learning and leisure.
- Use of Intensive Interaction to facilitate engagement and develop mutually rewarding relationships.
- Direct therapy for the development of natural speech and oral motor skills.

The Speech and Language therapists at St Rose's are also specialists in supporting people who have difficulties with eating and drinking (dysphagia). We provide assessment and regular monitoring of eating and drinking needs and provide training to all staff who assist students at snack and meal times.

## MUSIC THERAPY

Music plays a fundamental role in human identity and culture. Playing an instrument or listening to music helps to connect students with themselves and others. It can stir memories and resonate with students' feelings, helping with self-expression and communication with others. We use music and sounds to support and enhance students' physical, mental, social and emotional well-being.

Our music therapy sessions, usually conducted on a one to one or small group basis, involve both the therapist and young person taking part by playing, singing and listening. Music making therefore develops the fundamentals of communication, self-expression and interaction. By encouraging young people to use accessible percussion and other instruments, they can explore the world of sound and create a musical language of their own.

## CONTACT

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**St. Rose's**

Inspiring Education, Therapy & Care

## Extra Curricular Activities

St Rose's organises a range of activities that provide many opportunities for social, emotional and physical development as well as independence and learning life skills for our students.

### SPORTS

St Rose's is keen to promote healthy living and places a strong emphasis on students engaging in sports activities. Our students have opportunities to participate in boccia, horse riding, rebound, swimming, yoga and athletics. They are able to compete in swimming galas and sports meetings with young people from other schools and colleges both locally and nationally.

### SCOUTS

St Rose's Scout group was set up in 2009 and has grown in popularity over the years. The Scout Troop consists of students aged 10-16, an Explorer Troop consisting of students aged 16-19 and also Network links to Scouting for some of our 19+ students. The Troop aims to remove barriers and to give our students the same opportunities to participate in activities as other scout groups.

### DRAMA

We have a strong tradition of encouraging music and drama to enhance the curriculum, to promote self-esteem and confidence and for the sheer joy of performance. Each Summer term the students are part of a whole community drama performance or a music prom where they are involved in all aspects of the performance and the benefits for them are broad and far reaching as they participate together in the show and reach a wide audience.

### CALVERT TRUST

The Calvert Trust is an outdoor activity centre which is adapted for our students and enables them to participate in new and challenging activities including rock climbing, sailing, canoeing and carriage driving. It is a fantastic opportunity that challenges them and helps them develop independence and for some it is the first time they have stayed away from home. ([www.calvert-trust.org.uk](http://www.calvert-trust.org.uk))



## SOCIAL EVENTS

We hold a number of social events during the year as a whole community. These include discos, barbeques, special occasions, events, festivals and meals out.

## ST MARTIN'S

Our young adults have access to all the above activities and we also provide a range of activities that are student led and allow them opportunities to develop more independence and life skills. St Martin's is within close proximity of the town centre of Stroud and gives easy access to banks, shops, cafes, pubs and leisure facilities including a bowling alley and cinema. We also support our young adults to attend concerts, music festivals, shows, sports events and other special events and places of interest.

We always do our best to facilitate what the young people want to do and consult and involve them when making plans for the extended day, evenings and weekends. It is important that they all feel empowered and also have opportunities to pursue their own interests whether that is attending Local Council Meetings, playing in an orchestra or spending time in our on-site sensory room.

## NEXT STEPS...

To get in touch, find out more or arrange a visit, please contact the Principal by calling 01453 763793 or email [admin@stroses.org.uk](mailto:admin@stroses.org.uk). Further information about the facilities and services we provide can be found at [www.stroses.org.uk](http://www.stroses.org.uk)

