

# Newsletter

Ancora House School,  
Castle Park

## Welcome

Hello to you all,

We have seen the days starting to become lighter, and the sights and sounds that tell us spring is in the air...a welcome change from the cold and wind of January.

We have had a busy and productive start to the year here at Ancora House School. We have created a new sensory space, we have been on visits to the local fire station and local colleges, and we have invited speakers in for PSHCE.

### +♥ HeartMath.

Heartmath is a computer-based intervention situated in Sanctuary which, through breathing exercises, brings physical, mental and emotional systems into coherent alignment. This allows our young people to understand how focused breathing can calm the body and the mind. Our young people have access to Heartmath to help manage possible school-based anxieties such as exams, as well as to help regulate the body when feeling overwhelmed.



### Storyhouse – in the words of one of our Year 11 students.

Storyhouse is a creative theatre in Chester. We have a group called Young Leaders where we get to talk about the future, express ourselves and try new experiences. The group is filled with love and acceptance – and opportunities. It also has a range of pathways and links with the arts to help build the next step for the future. It's not only a step, "it's a leap!". I love the Storyhouse because it has given me the hope for what's to come in the future."



#### Riddles of the term

**Riddle 1:** What has to be broken before you can use it?

**Riddle 2:** What begins with T, finishes with T, and has T in it?

Answers: Answer 1: An egg. Answer 2: A teapot.

#### Mental health support Parent and Carer Contacts for Mental Health Support

##### Babble

Web: [babble.carers.org](http://babble.carers.org)

Online community support and advice for young carers, operated by the Carers Trust.

##### Barnardo's

Web: [barnardos.org.uk](http://barnardos.org.uk)

Support for children experiencing mental health problems and young carers.

##### Childline

Tel: 0800 1111

Web: [childline.org.uk](http://childline.org.uk)

Confidential helpline for children and young people in distress.

##### Citizens Advice

Tel: 08444 111 444 (England)

0844 477 2020 (Wales)

web: [citizensadvice.org.uk](http://citizensadvice.org.uk)

Confidential advice on a range of issues, including legal rights and parenting.

##### Family Action

Web: [family-action.org.uk](http://family-action.org.uk)

Services for families, including mental health and young carers' support.

##### Family Lives

24-hour helpline: 0808 800 2222

Web: [familylives.org.uk](http://familylives.org.uk)

Information and support for parents and families.

##### Family Rights Group

Helpline: 0808 801 0366

Web: [frg.org.uk](http://frg.org.uk)

## Our sensory spaces...Sanctuary & Oasis.

**Sanctuary** is our new wellbeing sensory space on the lower ground level of Ancora School. This is a low stimulus environment where our young people can come to ground themselves and re-set during the school day. Our young people are able to create their own sensory passport so the space includes their preferred colours, light, smells and sounds from our resource selection. This is also used as a learning space to stimulate creativity and imagination, as well as where our ELSA carries out her 1:1 sessions.

**Oasis** is our tranquil garden inspired room leading through to Sanctuary. Through the sights and sounds of nature, our young people can enjoy a wellbeing session whilst listening to the flowing water of the water feature and relaxing under a canopy of warm lights and floral garlands.



**Self soothe box – Try creating your own.**

<https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/>



## Frodsham Fire Station Visit - written by one of our fantastic students.

On Friday 28<sup>th</sup> of January, Ancora House School visited the joint fire & police station. Lucy & Claire came, and we walked from school. The walk was pleasant, nothing compared to when we walked up to the war memorial!

We saw inside a police car, and a fire engine. The firefighters and police officers were all very friendly.

We were allowed to hold some of the police equipment such as a speed camera and the water hose!

It was a really good to have the opportunity to see the equipment up close and hear about the emergency services.



## Transition

Hi, I'm Kerry Dilley, I am the Education Transitions Worker and Careers Advisor at Ancora House School, Castle Park. I have worked for Ancora House School for almost 8 years and previously worked for a mental health charity and the local careers service. I am a fully qualified Careers Adviser with lots of experience in supporting students with education transition.

I am here to help students with their education, employment and training next steps. Some of the ways in which I am and will continue to work with them is by running various group careers sessions and one to one careers guidance sessions. We will have guest speakers in throughout the year to inspire our students. We will have planned visits from local colleges and training providers as well as visits to see the colleges. As a team, we will work with students on their support needs for when they move on from Ancora.

This term the support team from Cheshire College came over to Castle Park and gave an introduction to college in assembly. We have had visits to Crewe and Chester Campuses at Cheshire College. We will be visiting Ellesmere Port Campus after half term.

[www.ccs.ac.uk](http://www.ccs.ac.uk)

Last week was National Apprenticeship Week and the students took part in an interactive workshop all about Apprenticeships.

[www.amazingapprenticeships.co.uk](http://www.amazingapprenticeships.co.uk)

[www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk)

Next term we already have things planned: including, further college visits, making applications to college, guest speakers, Young Enterprise, UK Parliament, NHS and Social Care Careers, to name a few! All of this links in with National Careers week 2022.

As always, if you have any questions or concerns about anything careers or transition, then please do get in touch:

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