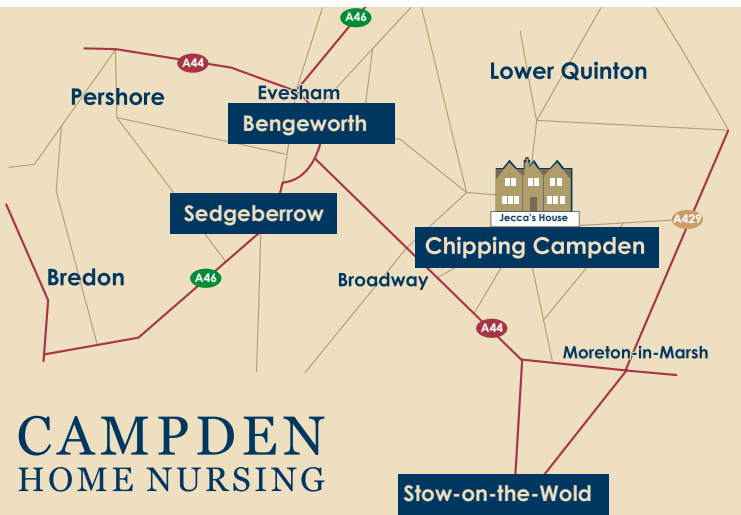




We support children in Worcestershire and Gloucestershire. Please get in touch for more information.



Here for you

To see if we can be of help, or to find out more, please get in touch. We are here for our community. Simply scan this QR code to go to our website.



www.campdenhomenursing.org

Child Play Therapy

playtherapy@campdenhomenursing.org

General Enquiries

01386 840505 info@campdenhomenursing.org

Campden Home Nursing CIO, Jecca's House,
Aston Road, Chipping Campden, GL55 6HR

Bereavement Counselling

bereavement@campdenhomenursing.org

Social Media

Follow us on social media for news and events



The George Davies
Charitable Trust



Play Therapy



Thank you for your support

Registered charity: 117423

Campden Home Nursing provides support for children located within our geographically defined area, who have experienced the loss or the anticipated loss, of a friend, loved one or family member. It is for children aged 4 to 13 years.

What is Play Therapy?

Play therapy is a therapeutic intervention where play and art are used as a way for children to express themselves. Using play means that children can explore thoughts and feelings in creative and dynamic ways, without having to articulate themselves.

"Through play children can discover and rehearse different ways of understanding and coping with difficult feelings, leading to a healthier and happier way of being"

Play Therapy, UK

What are the benefits of play?

Play aids the release of oxytocin. It sends positive, self affirming signals to the brain and promotes:

- Increased well-being
- Diminished feelings of aggression and anxiety
- A more effective immune system
- An increased ability to learn

How does play therapy help a child?

Play therapy helps children in a variety of ways. Children receive emotional support and can learn to understand more about their own thoughts and feelings. They may re-enact or play out traumatic or difficult life experiences to make sense of their past and cope better with their future. Children learn to manage relationships and conflicts in more appropriate ways.



What is the session format?

Children usually attend one session each week for an initial period of twelve weeks. Sessions take place at the same time, in the same place, with the same practitioner. This consistency helps create a safe and reliable environment.

Many children also benefit from longer support.

Session length:

- 30 minutes (ages 4 to 7)
- 40 minutes (ages 8 to 13)

What is the cost?

This service is provided free of charge.

We are extremely grateful to The George Davies Charitable Trust for their support. Donations are also warmly welcomed.

What happens in a session?

Children access a variety of resources to explore their own creativity and express themselves, including:

- Drawings and painting
- Clay and craft materials
- Sand trays and miniature figures
- Puppets and storytelling
- Games, music and construction toys
- Story

Children choose freely working at their own pace.

The therapist follows the child's lead, helping them explore their thoughts and feelings through play.

Play Therapy is child-centred and non-directive, although more structured activities may be introduced and integrated depending on the needs of the child.

Where do sessions take place?

Sessions are held in dedicated playrooms at:

- Jecca's House, Chipping Campden
- Bengeworth Academy, Evesham
- Sedgeberrow First School
- Stow on the Wold Primary School

Our Play Therapy team



Anita Dee
Play Therapy Manager,
Qualified Play Therapist.
PTUK registered.



Natalie Clelland
Qualified Play Therapist.
PTUK registered.



Becky Yates
Trainee Therapeutic Play
Practitioner.
PTUK registered.

How are parents/carers involved in the process?

The therapist will meet with the child's parent or carer to discuss their concerns and gain background on the child's needs. They may also ask to seek information from the child's school.

A review (after approximately eight sessions) is held with parents or carers, to discuss how the child is getting on and any changes parents or teachers have noticed, to ensure everyone is working together to help the child.

"We feel like we have our daughter back. She's become her happy, outgoing self again, who loves to socialise with family and friends. She seems able to cope with difficult circumstances more easily, and has found her confidence again, which is just wonderful."

Feedback from a parent

