

We offer a range of support for:

- **Attendance (EBSA/EBSNA)**
- **Mental health**
- **Neurodivergence**
- **Exploitation**
- **Transitions**
- **Family support and wellbeing**

We deliver to:

- **Individuals**
- **Targeted/group**
- **Whole school**

For referral contact:

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HOW WE DELIVER

Our model operates across three layers:

- **Needs-Led Intervention**

Support responding directly to attendance (EBSA/EBSNA), mental health, neurodivergence, exploitation risk, transitions and family wellbeing.

- **Therapeutic Enhancement**

Specialist programmes such as B-Wild, using nature-based approaches to strengthen emotional regulation, confidence and engagement.

- **Capacity Building**

Professional learning and parent support that strengthens whole-school systems and equips families and staff to sustain positive outcomes beyond direct intervention.

Flexible & Bespoke to Each School

Across all three layers, support is tailored in partnership with each school. Delivery can take place at **individual, group or whole-school level**, depending on need.

We deliver through:

- 1:1 therapeutic support
- Targeted small-group programmes
- Whole-class prevention sessions
- Whole-school implementation and coaching
- Family engagement and home-link work
- Professional learning and parent workshops



Support can be provided as focused short-term interventions or embedded across an academic year to build sustained change.

ATTENDANCE (EBSNA/EBSA)

Emotionally Based School Avoidance/Non-attendance

What we're seeing

Anxiety-driven absence. Distress at the school gate. Reduced timetables becoming long-term. Learners physically present but emotionally unavailable.

Our response

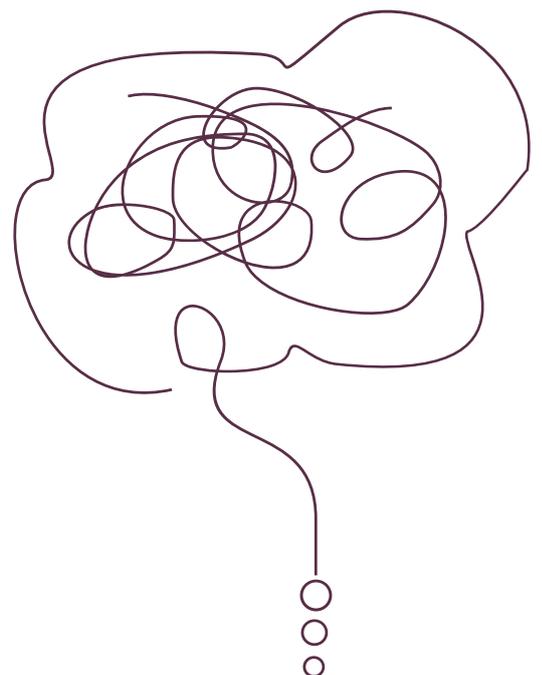
- Tiered 1:1, group and family-based support
- Emotional regulation and anxiety management
- Gradual reintegration planning
- Early morning and community-based engagement where needed
- Collaborative planning with school staff

Impact

- ✓ Reduced morning distress
- ✓ Improved attendance confidence
- ✓ Stronger home-school relationships
- ✓ Sustainable return to learning

Support can be provided as focused termly interventions or embedded across an academic year to build sustained change. Get in touch to discuss -

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MENTAL HEALTH AND EMOTIONAL WELLBEING



What we're seeing

Rising anxiety. Emotional dysregulation. Low mood. Peer conflict. Trauma responses presenting as behaviour.

Our response

- **Small group and 1:1 interventions**
- **Decider Skills (CBT-informed emotional regulation)**
- **LIAM anxiety management (NES-developed programme)**
- **Evidence based Whole-school Social & Emotional Learning (PATHS® / EXSEL)**

Impact

- ✓ Improved emotional literacy
- ✓ Increased resilience and coping
- ✓ Safer peer relationships
- ✓ Greater engagement in learning

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TRANSITIONS

What we're seeing

Heightened anxiety at P7-S1. Vulnerable learners struggling with change. Early disengagement in S1.

Our response

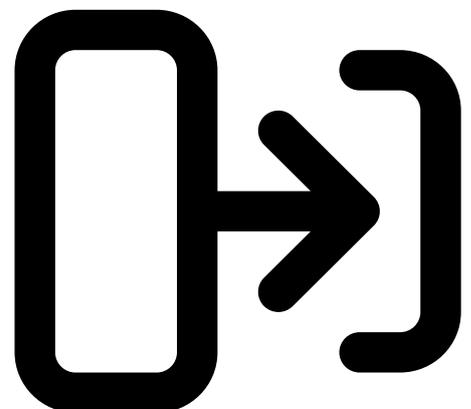
- Targeted P7 transition groups
- Pupil passports and supported visits
- Multi-generational sessions with parents/carers
- Continuity of support into S1
- Planning for routines, travel and expectations

Impact

- ✓ Reduced transition anxiety
- ✓ Increased early S1 attendance
- ✓ Greater parental confidence
- ✓ Stronger sense of belonging

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NEURODIVERGENCE AND SENSORY NEEDS

What we're seeing

Masking. Sensory overwhelm. Isolation. Increased exclusion risk. Parent fatigue.

Our response

- Neuro-affirming 1:1 and group support
- Autism-friendly social groups
- Visual supports and evidence-based strategies
- Advocacy and life-skills support
- Cygnet training for parents and professionals
- Therapeutic outdoor regulation through B-Wild

Impact

- ✓ Increased self-advocacy
- ✓ Improved regulation
- ✓ Reduced isolation
- ✓ Strengthened family-school partnership

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EXPLOITATION AND EXTRA FAMILIAL HARM

What we're seeing

Online grooming. Peer pressure. Criminal and sexual exploitation risks. Harmful group dynamics. Transitional vulnerability.

Our response

- Targeted 1:1 and small-group specialist support
- Real Love Rocks (P6+) universal prevention
- Contextual safeguarding consultation
- Exploitation training for professionals
- Curriculum integration within RSHP/HWB

Impact

- ✓ Increased awareness of risk
- ✓ Strengthened help-seeking behaviours
- ✓ Earlier identification of vulnerability
- ✓ Safer school cultures

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FAMILY SUPPORT

What we're seeing

Parents feeling overwhelmed. Financial pressure. Housing instability. Crisis cycles around attendance and behaviour. Families navigating complex systems without consistent support.

Our response

- Dedicated Family Support Worker
- Home-link and advocacy with school and statutory partners
- Practical support around routines, appointments and daily structure
- Support with financial wellbeing, budgeting and accessing entitlements
- Emotional wellbeing and parenting support
- Cygnet autism programme for parents/carers
- Bespoke parent groups and drop-ins
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Impact

- ✓ Improved routines and readiness for school
- ✓ Reduced crisis escalation
- ✓ Increased parental confidence
- ✓ Better access to financial and community supports
- ✓ Greater stability for children and young people



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Therapeutic enhancement

B-WILD - THERAPEUTIC OUTDOOR LEARNING

What we're seeing

Young people experiencing anxiety, dysregulation and low confidence. Learners disengaging from traditional classroom environments. Neurodivergent pupils requiring sensory regulation and alternative spaces to connect, feel safe and succeed.

Our response

B-Wild is an 8-12 week therapeutic outdoor programme grounded in social and emotional learning. Research consistently shows that time spent in nature reduces stress, lowers anxiety and supports emotional regulation and overall wellbeing.

Through structured, nature-based experiences we provide:

- Sensory regulation and co-regulation opportunities
- Confidence and resilience-building activities
- Teamwork and problem-solving challenges
- Practical outdoor skills and independence development
- Opportunities to achieve Dynamic Youth Award (where appropriate)
- Multi-generational sessions to strengthen family connection

Impact

- ✓ Reduced anxiety and emotional distress
- ✓ Improved emotional regulation
- ✓ Increased confidence and peer connection
- ✓ Greater engagement in learning
- ✓ Sustainable access to local green spaces beyond the programme



Capacity building

STRENGTHENING WHOLE SCHOOL AND FAMILY SYSTEMS

What we're seeing

Staff navigating increasing complexity around mental health, exploitation, neurodivergence and safeguarding. Schools striving to embed trauma-informed, inclusive practice while managing workforce wellbeing. Parents seeking clearer understanding and practical strategies to support their children.

Our response

We deliver targeted professional learning and parent programmes designed to strengthen confidence, culture and safeguarding systems.

This includes:

- Exploitation and contextual safeguarding training
- Whole-school Social & Emotional Learning implementation (PATHS® / EXSEL)
- Autism training for professionals (Cygnet)
- Staff wellbeing and trauma-informed leadership sessions
- Parent workshops and specialist programmes (including Cygnet)
- Consultation and coaching to embed sustainable practice

All inputs are tailored to school context and aligned with Curriculum for Excellence, GIRFEC and whole-school wellbeing approaches.

Impact

- ✓ Increased staff confidence and clarity in responding to vulnerability
- ✓ Strengthened safeguarding pathways
- ✓ Improved consistency of trauma-informed practice
- ✓ Greater parental engagement and understanding
- ✓ Sustainable systems change beyond direct intervention

BARNARDO'S EDUCATION COMMUNITY

Barnardo's Education Community is a platform for education staff across England, Northern Ireland, Scotland, and Wales, providing a range of free resources, training, and support.

The aim of BEC is to improve the mental health of babies, children and young people by providing staff working in education with the knowledge, understanding and tools to support them.

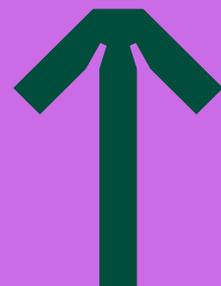
BEC provides a range of resources, training, and support:

- for you and your staff
- for you in your work with babies, children and young people

<https://www.educators-barnardos.org.uk/>



FREE RESOURCES



Changing childhoods.
Changing lives.



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As an approved provider on the Glasgow City Council Emotional Health and Wellbeing (EMHWP) Framework, Barnardo's operates within an agreed hourly rate structure.

In practice, we work flexibly with schools to design bespoke packages of support. Costs are therefore tailored to the level and type of provision required, ensuring an approach that is both responsive and cost-effective.