



North Lakes

● care ● education ● therapy



Therapeutic Care enables the youngest we care for to achieve stability and make significant progress in all areas of their lives. We support children & young people who may have Attachment Difficulties, Social, Emotional and Mental Health Needs and require targeted input to help identify, understand and regulate their emotions.

Kirby Moor House

Welcome to Kirby Moor

The staff at Kirby Moor House pride themselves on the therapeutic and nurturing approach in the care the children receive. Our home has a family atmosphere where the children feel safe, secure and cared for allowing them to grow and achieve their full potential. Opportunities to strengthen personal resilience are promoted and incorporated into daily living. This leads to great improvements in friendships and social ability within the home and in the wider community allowing them to grow in confidence. Staff work alongside children in a staged approach to teach self-care skills, such as support with personal hygiene, keeping their rooms tidy. This eventually involves independent living skills in preparation for their futures. This includes where appropriate, support with more specific independence skills such as meal planning, cooking, washing clothes and budgeting whilst providing a safe arena in which to rehearse these skills.

The voices, wishes & feeling of the children are always listened to and we make our home a fun place to live and call home. Every room has been shaped by the ideas of all who live in the home including their own bedrooms. There is immense pride felt by young people about their home. This foundation enables great progress, the home is settled, welcoming and highly nurturing.

Kirby Moor House is located in a quiet town surrounded by beautiful countryside where they are lots of opportunities for adventure. All of the children at

Kirby Moor House are encouraged to plan out weekly activities to enjoy with friends or 1:1 with staff. Some of the activities the children here enjoy are Trampolining, water sports in the Lake District, cinema and there is a skate park next to Kirby Moor House. There are many opportunities to also join clubs and groups such as football, gymnastics, rock climbing and youth clubs. We encourage the young people to join clubs and groups as this promotes growth, independence, social skills and skills in forming positive relationships

Long-term and shorter assessment-based placements are available. Close multi-agency and family working facilitates next steps. Where appropriate, incremental integration with a child's family leads to positive transitions and our time-bounded support means long-term relationships and placements can continue.



Our aspirations

To meet the diverse needs and preferences of all children living at Kirby Moor House, to provide a happy home with safe adult caregivers to nurture and validate a young person. With supportive relationships and careful timing, we aim to help young people understand their emotions and strengthen their identity based on personally held values and beliefs.

To strive for positive opportunities for each child at Kirby Moor House that will enhance their life, and meeting all their social, emotional, physical, recreational and educational needs.

To play, engage minds, have fun and promote an "I can..." attitude within the young people. We like to use our space, books and games to help individuals learn to play, share and maintain friendships.



Kirby Moor Arts & Crafts Room

A happy home for boys aged 8+

- Well-resourced for books and games
- 3 highly personalised living spaces
- Family atmosphere & plentiful outside play spaces All bedrooms are ensuite
- Sports clubs, cadets & leisure activities
- Safe access to the home computer
- Individually decorated bedrooms
- Dedicated staff team with frequent 1:1 opportunities

“Young people become more resilient and considerate of others.”

“The highly nurturing & therapeutic approach taken by staff helps young people understand their feelings and explore alternative ways to express themselves.”



Kirby Moor Main Lounge

Therapy in the home

Forming positive relationships and providing safety are at the centre of our therapeutic care. From this nurturing foundation children can begin to see the world through a new lens to make positive and lasting changes in their lives.

All our care teams are trained in attachment and trauma informed care, meaning children's complex needs and behaviours are understood and addressed at an emotional and physiological level. These developmental deficits are worked with relationally within the care home environment.

We use a variety of therapeutic approaches and interventions within the home:

- Therapeutic relationships, safety, and trust.
- Recognising and working with attachment styles and patterns.
- Therapeutic parenting.
- Routines and boundaries to increase predictability and decrease fear.
- An approach of Playfulness, Acceptance, Curiosity, Empathy (PACE) is used to help everyone understand what is happening in a nurturing non-confrontational way.

- Co-regulation to help children build the internal scaffolding they need to self-regulate their emotions.
- Regular movement and sensory input to help the body and brain regulate.

Staff have a child centred approach with is open, warm, and reliable. Careful curiosity helps everyone open their perspective about what might be happening in the child's inner world. Staff then use high levels of empathic responses to demonstrate understanding and offer attunement. These insights help children develop self-awareness and understanding of themselves and their experiences.

Non-verbal communication and co-regulation are vital parts of the therapeutic care team's approach. We aim to provide the emotional framework from which children can restructure and develop their own more positive coping mechanisms.

Staff seek to engage the emotional side of the brain and link it with the logical side of the brain for learning and reflection, a whole brain integration approach. Creating a narrative through active listening and the use of open questions encourages self-awareness. Naming the emotion and the need helps the child link the feelings in their body to behaviour. This facilitates self-control and regulation of emotions, this is reparative.

One to one Psychotherapeutic counselling

Whilst the daily emotional and psychological needs of the child's are attended to in the home each child also accesses weekly one to one psychotherapeutic counselling with an experienced and accredited child therapist. This is long term therapy in which the child is free to express and explore their inner world and experiences using play, non-verbal communication, creative and somatic modalities.

Therapeutic assessment and Consultation

Each child receives a comprehensive therapeutic attachment-based assessment when they join us. This formulation considers the impact of early childhood and life history, their ability to regulate emotions and how this is expressed through behaviour. Staff are guided by our therapeutic consultant, receiving monthly clinical supervision and support with specific challenges as they arise.

Our ethos involves parallel care with staff being well looked after and regulated so they can give and hold this experience to the children they care for.

Our therapeutic model encourages positive sustained changes on all levels, leading to healthier life choices and improved wellbeing.

Our attachment-based therapeutic parenting style informs our care plans, assessment reports and ways of working.



Therapeutic outcomes:

- Attachment-based care to create a new positive template of relating to others.
- Feel safe and cared for.
- Understand the adaptive fight, flight, freeze and submit survival responses and how to regulate these.
- Process past trauma in a safe and contained way appropriate to individual needs.
- Release of unprocessed emotions and resetting of the nervous system.
- Develop self-awareness and change their behaviour.
- Deepen relationship skills and empathy.
- Self-regulation skills & emotional understanding.
- Integrate experiences throughout adolescence to develop a clear sense of self.
- Switch on the thinking part of their brain, to learn and make better choices.
- Value themselves and their lives.
- Be able to access and engage with positive life skills and opportunities.



Young Person's Bedroom



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