

A photograph of three children walking outdoors in a grassy area with trees in the background. On the left is a young boy with dark hair wearing an orange t-shirt and jeans, smiling. In the middle is a young boy with dark skin wearing a white tank top under a blue and white plaid shirt and green and white plaid shorts, looking down. On the right is a young boy with light hair wearing a white t-shirt with green and blue horizontal stripes and blue plaid shorts, looking down. The background shows green foliage and a bright sky.

North Lakes

● care ● education ● therapy

Our Specific therapeutic & nurturing care interventions greatly benefit the children & young people. Through time, intense work, nurture, reflection and building trust we support those who may have Attachment Difficulties, ACES, ASD Spectrum Behaviours/Emotions, Social Emotional & Mental Health needs, as well as Complex Needs, including medical and emotional.

Woodend House

Welcome to Woodend House

Our home in a rural village has a big garden to have fun, create play, keep active, enjoy the fresh air, as well as having sensory input opportunities and provides a safe place. We have a unique sensory indoor space that allows the children to play, move, and or enjoy the sensory lighting to help them co-regulate. The low-risk environment linked with the diverse and experienced staff team enables the children to have space for reflection, growth and to build coping mechanisms doing so in a safe environment as well as 1-1 supportive engagement. This helps to firm up their sense of self and feel confident in their identity.

Strong Routine filled days places the child and their needs at the centre of everything we do. Children participation is a key element to creating and developing their time with us, as well as helping them understand and cope with daily life whilst learning and growing.

Close links with school help and support the continuum of care and support to the children.

This home accepts long-term placements and assessment placements. Time bounded placements help a child and all involved in their care to build the necessary supports around their identified needs, at home over the long-term with family or foster carers.

Woodend Games Room

Our aspirations

To create an environment that is stimulating, safe and where progress and development is encouraged and supported through play, nurture, encouragement and in creating opportunity.

To get the children active, healthy and use the outside space or sensory space to support this work and approach. Individually tailored Activities (groups/clubs) can help with the child's identity development, as well as promoting socialisation and in encouraging friendships. Shared activities, builds trust which forms and maintains relationships. We want the children to benefit from positive safe adults.

To help Children cope in the world, find their answers, unlock their potential, develop life skills/independence skills and enjoy their life

To have the skills to best support young people: to listen hard, to identify views and beliefs and help young people to understand themselves better.

To demonstrate our commitment to family time/family involvement and in transitions. Working together, sharing goals and achievements with all involved with a young person is healthy, it validates their importance.

“The home is a well-maintained & welcoming environment, with lots of space for young people to relax and socialise. This promotes the development of positive and healthy relationships”



A rural home for boys aged 6+

- Modern external sensory/play room in the garden. This space includes sensory play/lighting options, ball pit/slide, space for playing with toys, safe space tent, pool table, punch bag, or in just listening to music with sensory lighting.
- 3 shared living areas for dining, relaxing and playing, and safe access to the home computer. Individually decorated en-suite bedrooms
- Large fenced private garden for safe play with bikes, playing football, outdoor sports/games, swings, trampoline, as well as having picnic tables
- Dedicated staff team for 1:1 working

“Children’s complex needs and difficulties are well understood by staff”

“Children have a voice in this home and know that staff listen to them”



Woodend Outside Area

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.
- Co-regulation to help children build the internal scaffolding they need to self-regulate their emotions.
- 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.
- 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.





Contact us

t: 0808 1968 219

e: ResidentialEnquiries@polariscommunity.co.uk