The Ranch

Link Forward Mental Health and Wellbeing Support

1,052 hours of one-to-one support

Children like Tiegan are referred to us for support with low mood, anxiety, and isolation. They receive enhanced support from a team of specialist child wellbeing workers through one-to-one sessions and small groups.

We have grown our offer with dedicated funding from the NHS to support children and young people experiencing **Emotionally Based School Avoidance (EBSA).**

By offering tailored sessions and exciting group projects we are helping children to understand how learning can work for them, and to support their confidence to attend school so they are not left behind.

School was an overwhelming place for Tiegan. Her attendance was low and she found it especially difficult to return after weekends.

With lots of change in her life like her parents separating, starting at a new school, and a diagnosis of Autism and potential ADHD, she felt anxious, struggled with learning, and needed staff to get her through the school day.

After sessions with our team Tiegan began to open up, make more sense of her worries, and to build small and practical ways of coping.

School then reported a real shift in Tiegan's confidence and participation; she joined the netball team, voiced more feelings, and self-managed her worries. Moving on to secondary school no longer feels overwhelming - she is facing this change with confidence, more independence, and a belief that she can cope.