



BASIS
BRUNEL ACCESS SUPPORT
& INCLUSION SERVICE



ARC

Aspire Restore Celebrate

2024/2025



What is ARC?

Aspire Restore Celebrate (ARC) provides support for any Children and Young People (CYP) aged 4-19 with a need for support around Social Communication and Interaction Difficulties (SCID) and/or emotional regulation/understanding, they may or may not have a diagnosis of neurodiversity.

ARC uses inclusive solutions to support CYP to reach their potential by meeting their holistic need and not focussing on behaviour. We see behaviour as communication.

We believe all CYP are individuals, this is how we approach personalising support. Giving CYP opportunities to build on their strengths, using restorative and inclusive solutions to raise CYP's aspirations allowing them to reach their potential.

The CYP may find accessing or functioning in mainstream/neuro-typical lessons tricky or are perhaps at risk of exclusion. Our aim is to support schools in their ability to meet the CYP's needs and positively work on maintaining a successful learning placement.

ARC is part of BASIS – Brunel Access Support and Inclusion Service, which is part of the Brunel Academies Trust

Programmes offered by ARC

ARC Programmes	Age range programme designed towards and programme description
ARC Session on site & ARC Sessions at School	KS1/KS2/KS3/KS4 A programme of social communication support, sensory and emotional understanding, and a child centred approach to support CYP's, delivered by experienced ARC workers.
ARC Outreach Support	KS1/KS2/KS3/KS4 Outreach support is structured support around sensory, emotional, social and communication knowledge. ARC staff will model strategies and approaches that can be adopted by the CYP's TA and other staff. This can be support for one CYP or we can provide support to a group of CYP's. The programme is delivered in school by a experienced ARC worker and with a member of the school staff joining for the 1-hour session.
ARC Group Outreach	KS2/KS3/KS4 Group Outreach is a tailored programme of support that is delivered to a group of CYP's who have a need for support around their neurodiversity or with their communication and social knowledge. The sessions are designed to support the CYP with their communication and social knowledge, emotional regulation and offer them coping strategies to enable them to succeed in a mainstream/neuro-typical school setting. The programme is delivered in school by an experienced ARC worker and with a member of the school staff joining the group for the 1-hour session.
ARC Bespoke Packages	KS1/KS2/KS3/KS4 An individualised and personal programme of support completely designed around the CYP's needs. This can be offered in a range of locations to suit the individual. It is an alternative way of supporting an individual.
ARC Afterschool Groups Sparkle Group (KS2) Liberty Group (KS3/KS4)	KS2/KS3/KS4 After school group delivers a programme of support that is delivered to a group of CYP who need support around their neurodiversity and or with their social knowledge. The sessions are designed to support CYP with their communication and social knowledge, emotional regulation and to offer them different coping strategies. These groups are held at Headlands Grove site.

ARC Sessions on site & ARC Sessions at School KS1/KS2/KS3/KS4

How does it work?

ARC Sessions on site

Depending on the programme applied for on behalf of a CYP, schools and other learning settings can ask us to provide between 1 and 3 sessions a week. The focus of ARC sessions will be supporting the CYP holistically, sessions may include a focus on 1:1 interaction or developing social knowledge. The session may also include management of anxiety, developing sensory experiences and emotional regulation to support successful inclusion in a mainstream/neuro-typical learning environment. Session support will be built around the CYP's individual needs.

ARC Sessions at School

ARC Sessions at School are organised and delivered in the same way as sessions at Headlands Grove, however these sessions are held at school. ARC Sessions at School are led by two experienced ARC support workers who will support a minimum of 3 CYPs and their TAs in a familiar setting.

Who are Sessions for?

- ARC Sessions are suitable for any CYP aged 4-19 with a need for support around Social Communication and Interaction Difficulties (SCID), emotional regulation/understanding, they may or may not have a diagnosis of neurodiversity.
- ARC Sessions are tailored to individual CYP needs with the benefit of CYPs being in a neurodivergent aware setting and being in sessions with peers aspiring towards similar outcomes.
- ARC staff can work with other professionals to support CYP in progressing with their outcomes.
- ARC staff support and update the CYP's family and school with the progress of the achievements of their CYP and keep them updated on the support the ARC is providing.
- ARC staff offer a flexible approach to plan multi-sensory support for CYP, adapting and taking into consideration all of the CYP needs and abilities.
- ARC staff have a flair for celebrating the smallest but most impacting successes of CYP attending the ARC.
- ARC staff strive to build independence and confidence through a range of play based support.

How do we refer a CYP to ARC?

We expect the majority of referrals to be made directly from schools, colleges and academies, as outcomes of actions from EHR/TAC/CIN processes or possibly to support EHCP outcomes, but we acknowledge that enquiries may also come from SENAT and other agencies.

We are happy to discuss, advise and answer any questions around a package of support at ARC with any professional.

ARC Outreach Support **KS1/KS2/KS3/KS4**

ARC Outreach is a personalised package of support delivered to an individual in school, designed to give the CYP and their school support and knowledge including structured support, sensory, emotional, social and communication knowledge. ARC Outreach is delivered by an experienced ARC Worker. ARC Staff will model strategies and approaches that can be adopted by the individual's TA and other staff to support the CYP gaining the relevant experience in the setting.

Who is ARC Outreach Support designed for?

- ARC Outreach packages are designed to support CYPs in a school setting.
- These CYP may require an individualised programme to support them to access the curriculum successfully.
- ARC staff will support TAs and other school staff to model, deliver and support the CYP with the individualised program.
- ARC Outreach Packages can support the CYP with the knowledge for learning. This may include social communication support, sensory and emotional regulation/understanding with a child centred holistic approach.

What ARC Outreach Support includes:

- Following an observation and assessment, an ARC worker will develop support strategies and resources appropriate to the CYP.
- Support school staff to model strategies and demonstrate appropriate use of specialised resources for CYP. This may include the use of visuals and other alternative methods of communication.
- To demonstrate and model specific social communication knowledge to CYP and staff to provide support with accessing the school environment.
- Support staff implementing CYP specific advice and recommendations from other professionals.
- Monitor the progress of the TA implementing the strategies and advise next steps.
- Support staff with the ability to source appropriate resources.

Group Outreach KS2/KS3/KS4

Group Outreach is a tailored programme of support that is delivered to a group of CYP who have a need for support around their neurodiversity or with their communication and social knowledge. The sessions are designed to support the CYP with their communication and social knowledge, emotional regulation and offer them coping strategies to enable them to succeed in a mainstream/neuro-typical school setting. The programme is delivered in school by an experienced ARC worker and with a member of the school staff joining the group for the 1-hour session. It is good practice to work alongside school staff who already know the CYP to deliver the most effective and relevant support.

What Group Outreach includes

- An initial meeting with the SENDCo to gather information to plan a programme based around the needs of the CYP who will be attending. The maximum number of CYP attending a group is 6.
- A planned 10-week programme of weekly group sessions.
- At the beginning of the programme the CYP will complete a questionnaire, and this will be completed again at the end of the programme. The results will be collated and used to report progress and identify future support. The views of the CYP will also be included in the end of programme report.
- The sessions will include speaking and listening activities, activities around a relevant topic, a group game and time for self-reflection and discussion.

Things to consider when planning Group Outreach

- For optimum outcomes the group would need to be made up of different personalities who would benefit from working with others in a small group setting.
- The school will need to get permission for the CYP to attend from their parent/ carer/ guardian.
- Allocated use of the same school room to provide a safe, predictable environment for the CYP.
- The same member of staff to attend the group so they can develop trusting relationships with the CYP and develop their own skills and expertise. They would also be expected to support with the school's expectations of behaviour, register the CYP and report any absences.
- The programme is 12 weeks. Week 1 would be meeting with the SENDCo, the planned programme would be delivered over 10 weeks. Week 12 would then be used to collate the questionnaire answers and write group reports. Evidence has shown that a 10-week programme achieves good outcomes as it can take several weeks for a CYP to trust the adults, get to know the other CYP and feel more confident to join in and participate during the sessions.

Testimonials from young people who have attended Group Outreach

“The group has helped me to be more connected with the world around me and be more confident.”

“Coming to the group has helped me with dealing with other people’s opinions.”

“The group has helped me to be more confident speaking.”

Bespoke Packages KS1/KS2/KS3/KS4

Bespoke Packages offer an individual and personal programme of support specific to the CYP needs. This can be offered in a range of locations and is an alternative way of supporting the individual. Bespoke Packages are designed for CYP who may not have a school placement. The CYP may require a flexible approach to meet their needs and a planned programme of intervention to support them holistically, the CYP may have a complex SEND profile. Bespoke Packages are offered in a range of settings and environments as required to meet the needs of the individual CYP.

What a Bespoke Package could include

A Bespoke Worker will assess/identify and plan interventions for CYP considering factors such as stress and anxiety which could impact their progress and their ability to engage with a new adult. The following may be agreed:

- Experienced Bespoke Worker, access to tailored expertise which include 1-1, 2-1 & 3-1.
- Transporting CYP to/from the activities.
- Planning and implementation of 'out of school' learning activities.
- Designing/providing appropriate resources as part of the Bespoke Package.
- Supporting the inclusion of the CYP in all activities that are an additional part of the Bespoke Package e.g. horse riding.
- Liaising with allocated personal tutor/other professionals. Coordinating the package and providing support/mentoring and training where necessary.
- Establish constructive relationships and communicate with other agencies/professionals involved in delivering the Bespoke Package.
- Use specific expertise to advise/mentor and support other adults involved with the CYP.
- Setting targets from EHCP and collecting evidence of CYP progress/views and contributing actively to termly reporting.
- Find appropriate work experience/volunteering opportunities for CYP, and support/monitor and review attendance.
- Explore work opportunities and college placements with CYP and support applications and interviews.
- Enable CYP to take exams and seek relevant qualifications.

ARC Afterschool Group

KS2/KS3/KS4

ARC After School Group is held at our Headlands Grove site, there are two separate groups:

- Sparkle Group KS2, 3pm – 5pm every Tuesday during term time
- Liberty Group KS3/4, 4pm – 6pm every Wednesday during term time

The after school groups deliver a programme of support for a group of CYP who need support around their neurodiversity and/or with their social knowledge. The sessions are designed to support CYP with their communication and social knowledge, emotional regulation and to offer them different coping strategies.

What is included in the Afterschool clubs?

- Speaking and listening activities
- Activities around a relevant topic
- A group game
- Time for self-reflection and discussion
- Snack is provided

These activities model social interactions such as turn taking, sharing resources, and supporting each other. ARC staff model different approaches to enable CYP to explore and express their emotions and support them when communicating with their peers. This in turn gives CYP valuable practice when building and sustaining appropriate relationships.

How does the referral process work?

Once we have received your referral a member of our team will be in contact to discuss the support required in more detail.

Once an appropriate package and costings have been agreed you will receive a written confirmation.

We are happy to discuss, advise and answer any questions around a package of support at ARC with any professional.



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