

Occupational Therapy Offer

The Occupational Therapy (OT) Team follow the Balance System Framework.

Below is what we currently offer to parents and carers with children who are having difficulties with activities of daily living.

*Your child **does not** need a referral to access our support*

Sensory Q+A Session

Based on the **Sensory Awareness Toolkit** ([SEND advice and guidance: Support sensory needs | Essex Schools Infolink](#))
This is a chance to ask about sensory difficulties and to understand the toolkit in more detail.

IMPORTANT: Please work through the toolkit before attending.

Functional Skills Workshop

Personal Care Skills

Washing and Dressing
Teeth brushing
toileting
Managing periods

Productivity Skills

Using Cutlery
Handwriting
mark making
Organisational skills

Whats Next?

If you need support after attending the workshops, call the **OT Support Line: 01702372250** Mon - Fri (12:30-14:30)