

# Therapy Services for Early Years Providers in Southend

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# Introduction:

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Therapy support for early years providers in Southend is provided by both Essex Partnership University NHS Trust (EPUT) and Southend-on-Sea City Council (SCC). Each organisation plays a complementary role in supporting children and young people (CYP).



Southend-on-Sea City Council (SCC) offers *universal and targeted* services that aim to upskill staff and embed evidence-based approaches across providers. These services are designed to support whole-setting development rather than focusing on individual children.



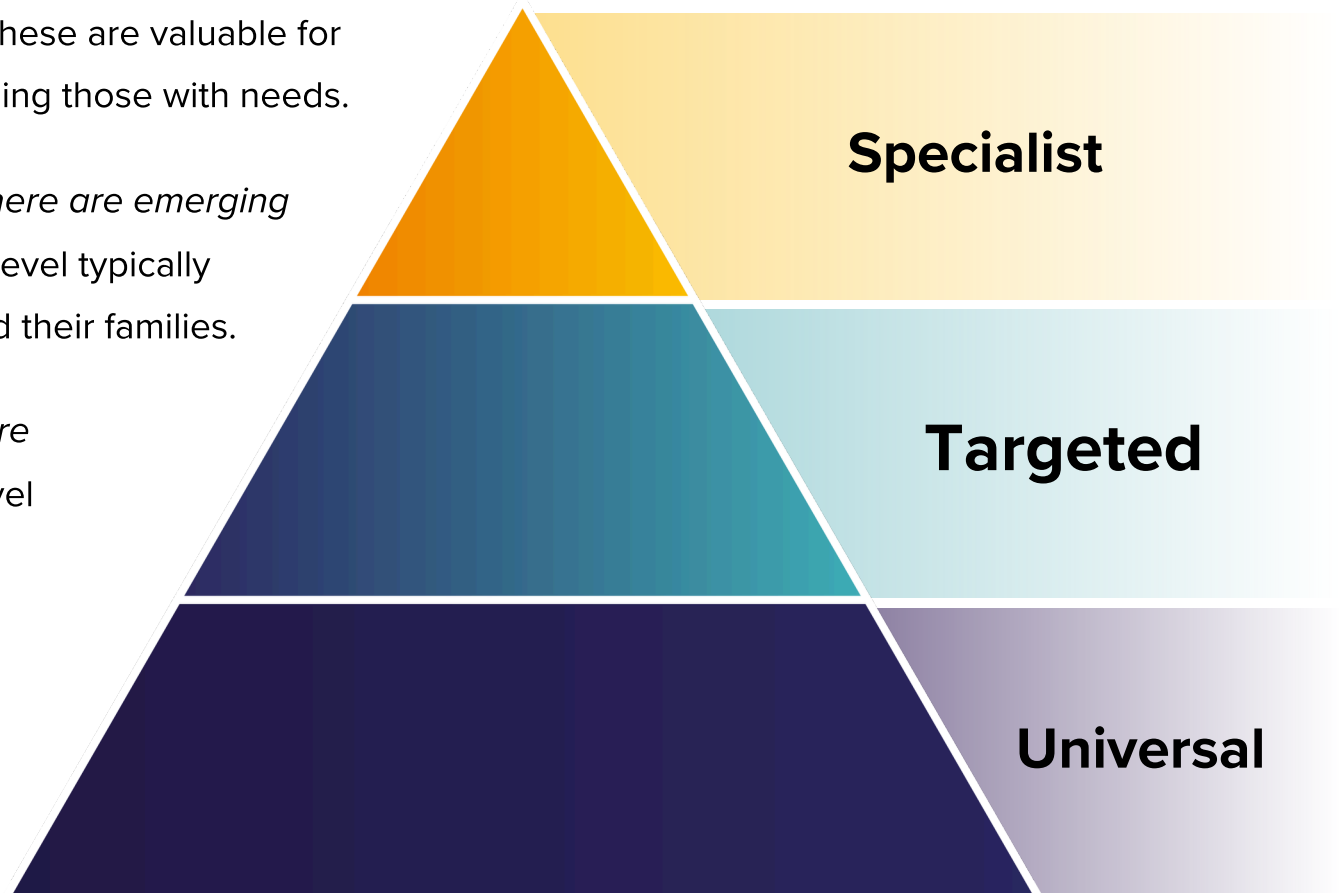
Essex Partnership University NHS Trust (EPUT) delivers services that include universal and targeted services, as well as individual *assessment and intervention* for CYP, and contributes to *Education, Health and Care Needs Assessments* where appropriate.

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To help providers identify and meet the needs of all CYP effectively and early, services are offered across three levels of support:

1. Universal – Support for all children and young people, including general information and resources. These are valuable for school staff, families, and CYP, including those with needs.
2. Targeted – Support for CYP where *there are emerging concerns* or an identified need. This level typically offers enough input for most CYP and their families.
3. Specialist – Support for CYP with *more complex* or persistent needs. This level includes access to specialist advice, assessment, and intervention. Not all CYP will need specialist support all the time, but it may be essential at key points in their development.



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We are working towards a Balanced System<sup>®</sup> approach to therapy service delivery across Southend, Essex, and Thurrock. This model supports a whole system approach to joined-up working with settings and strengthens the graduated approach for CYP with SEND. You can find more information about this framework at the end of this document.

Together, we are committed to ensuring our therapies offer to providers has an impact, and we will be monitoring this throughout the academic year through qualitative and quantitative measures. We will publish an impact report in Summer 2026. If you have any feedback or comments, please contact us.



Bethan Mort – Head of SEND Therapies: [bethanmort@southend.gov.uk](mailto:bethanmort@southend.gov.uk)

Jo Page – Principal Paediatric SALT: [joannepage@nhs.net](mailto:joannepage@nhs.net)

Maaike Moylett – Clinical Manager for Children's OT and Physio: [maaike.moylett@nhs.net](mailto:maaike.moylett@nhs.net)

# Speech and Language Therapy

Level	Offer	How to access
Universal	SALT advice line – Access on-the-spot advice for specific queries or general signposting. Available Monday-Friday 09:30-11:30	Mon – Friday 9.30 – 11.30 am 01702 578601 – Voicemail facility for outside of staffed hours
	Websites for Southend providers to access further support with a range of universal advice and resources	<a href="https://www.eput.nhs.uk/services/childrens-speech-language-therapy/">https://www.eput.nhs.uk/services/childrens-speech-language-therapy/</a>
	SLT information on Essex Early Years	<a href="#">Early Years Speech, Language and Communication Support - Essex</a>
	Verbo – Online speech and language platform offering screening tools and environment audits alongside staff training on a range of speech, language and communication needs (SLCN)  Settings can request support to use Verbo/carry out joint screeners to identify CYP with needs	<a href="#">Verbo sign up link</a> Request Verbo training or joint screening service – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Ask the SALT- EY – monthly training session on Teams on a range of SLCN topics	Accessible via <a href="#">SEND Therapies   Southend Learning Network</a> Or request training calendar – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
Targeted	Verbo – After screening CYP, select targets to access resources and training videos to provide early help for emerging SLCN	<a href="#">Verbo sign up link</a> Request Verbo training or joint screening service – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
	Targeted intervention groups. Request a block of up to 10 weeks of intervention groups on a range of targeted areas to be co-run in your school with a trained SALT assistant. – available to preschools and nurseries	Request targeted interventions – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
Specialist	Referrals to SALT can be made by your health visitor or GP. Specialist assessment and interventions will be provided as required	Contact your health visitor or direct parents to GP
	There will be a named SALT for all children on the caseload. Providers can contact the named SALT to discuss environment, training needs, referral queries and demonstrate specific targets for setting staff	Please contact the central enquiries email address ( <a href="mailto:slt.educationenquiries@nhs.net">slt.educationenquiries@nhs.net</a> ) or call advice line.
	Named SALT will contribute to EHCNA process for cases open to the service (for cases not known to the service, advice on service's universal offer will be provided) and to the annual review process for early years children open to the service who already have an EHCP in place	Requests by the LA made via our central email address ( <a href="mailto:slt.educationenquiries@nhs.net">slt.educationenquiries@nhs.net</a> )

# Occupational Therapy

Level	Offer	How to access
Universal	OT support line - Access on the spot advice for specific queries or general signposting	Mon – Friday 12.30 – 14.30 01702 372250
	OT section on the Lighthouse Child Development website with resources	<a href="#">Children's Occupational Therapy - Essex Partnership University NHS Foundation Trust</a>
	Early years sensory toolkit - an interactive document produced by highly specialist OTs in Essex. It has been created for professionals and parents/carers whose children are experiencing sensory differences that are affecting their well-being and functioning	<a href="#">SEND advice and guidance: Support sensory needs   Essex Schools Infolink</a>
	Early Years sensory tool kit Q&A workshops for schools and settings <ul style="list-style-type: none"> <li>• 18th March 2026 3 pm - 4.30 pm</li> <li>• 20th May 3 pm - 4.30 pm</li> <li>• 7th October 12 - 1.30 pm</li> </ul>	Booking through: <a href="#">Education Essex online</a> (search on date)
	Ask the OT – EY – monthly training session on Teams on a range of topics	Accessible via <a href="#">SEND Therapies   Southend Learning Network</a> Or request training calendar – <a href="mailto:SENDtherapies@southend.gov.uk">SENDtherapies@southend.gov.uk</a>
Specialist	Referrals to OT can be made directly by health professionals and providers. Assessment and intervention in clinic / at home or in nursery (most appropriate setting) – by clinical indication	Referral form accessed through - <a href="#">Children's Occupational Therapy - Essex Partnership University NHS Foundation Trust</a>
	For children with postural care needs on the therapy caseload: <ul style="list-style-type: none"> <li>· postural care pack</li> <li>· assessment for equipment if needed</li> <li>· training staff on how to implement the postural care pack</li> <li>· assessment of equipment in environment</li> </ul>	Setting to liaise with the child's named therapist or contact the support line Monday-Friday- 12.30-14.30 01702 372250
	Contribution to the EHCNA process for cases open to the service  Contribution to the annual review process for early years children open to the service who already have an EHCP in place	Requests made by the LA via our central email address. Providers should email the named therapist for contributions to annual reviews

# Physiotherapy

Level	Offer	How to access
Universal	Physiotherapy support line - Access on the spot advice for specific queries or general signposting	Mon – Friday 12.30 – 14.30 - 01702 372252
Specialist	<p>Referrals to physiotherapy can be made directly by health professionals</p> <p>Providers may be able to refer directly via the advice line with parental consent</p> <p>Assessment and intervention in clinic / at home or with provider (most appropriate setting) – by clinical indication</p>	<p><a href="#">🌐 Children's Physiotherapy - Essex Partnership University NHS Foundati...</a></p>
	<p>For children with postural care needs on the therapy caseload:</p> <ul style="list-style-type: none"> <li>· postural care pack</li> <li>· assessment for equipment if needed</li> <li>· training staff on how to implement the postural care pack</li> <li>· assessment of equipment in environment</li> </ul>	<p>Providers to liaise with the child's named therapist. If not sure who that is, please contact the support line Monday-Friday- 12.30-14.30 01702 372252</p>
	Movement plan with targets	If the child is known to the service, the provider is to liaise with the child's named therapist
	<p>Contribution to the EHCNA process for cases open to the service</p> <p>Contribution to the annual review process for early years children open to the service who already have an EHCP in place</p>	<p>Requests by the LA made via our central email address The setting should email the named therapist for contributions to annual reviews</p>

# The Balanced System® framework

The Balanced System® framework is a way of making sure that in a setting, school or local area, the right provisions are available for parents, carers and professionals to help children and young people.

In Southend, Essex and Thurrock we are using this framework to help us ensure that therapies provision is planned and delivered in a structured, coordinated way – across universal, targeted and specialist levels – in the right setting, at the right time for the child or young person.

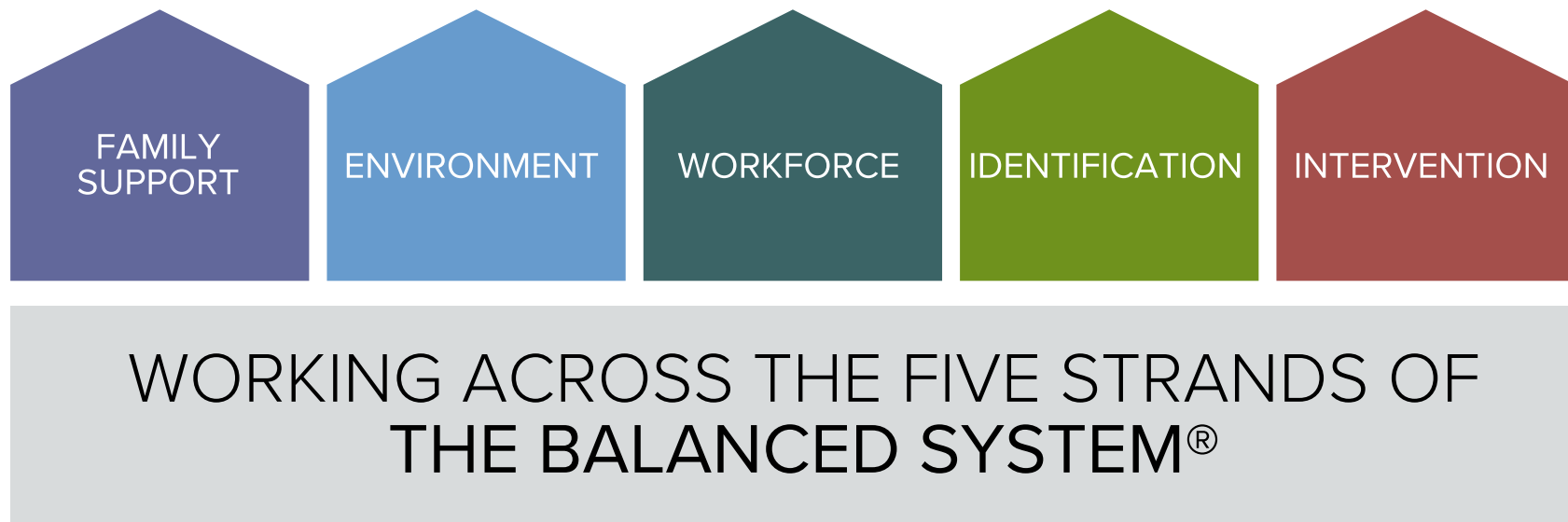
The system provides:

- Continuum of Support: Children can move between the universal, targeted and specialist levels as necessary
- Flexible Pathways: Children and Young People can access support from one or more levels simultaneously depending on their need
- Integrated Workforce: The system emphasises the importance of a collaborative workforce, including specialist professionals and wider staff members to support all levels.



# The Balanced System® framework

We will be working across the below five strands to effect sustainable whole system change.



More information can be found here:

[About the framework: The Balanced System Pathway](#)