Nurture Hub Therapy Service

Further Information On Our Services

Nurture Hub Therapy Service

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Nurture Hub Therapy Service

About Us

Nurture Hub Therapy Service is a supportive, person-centred service providing mental health support services for parents and over 16s.

Nurture Hub Therapy Service is a strictly not-for-profit mental health support service offering low-cost counselling, as well as helping parents with SEND children that are looking for specialist support from people who understand.

We work with **all** parents and over 16s who are struggling with their mental health, or just generally need some support, including adopters, foster carers, those with SGOs and more.

Our criteria is not set. We do not require a diagnosis.

Our aim is to provide a safe, welcoming and nurturing environment where people can access the right support at the right time.

Our services are informed by ongoing education in relation to trauma and working with disabilities.

We are a caring, compassionate team who, where possible, have lived experience.

We specialise in supporting neurodivergent families and families with disabilities but work with anyone.

Because You Matter

Nurture Hub Therapy Service

Low Cost Counselling For Parents

Here at Nurture Hub we understand that having a SEND child can have an impact on all aspects of life including finances, wellbeing, accessing appropriate support as well as many other areas of daily life. We know how stressful this can be and how this can feel overwhelming at times.

Parents that have a child with SEND needs often have to fight for services.
We work with all parents with children/young people aged 25 or under, regardless of identified need or whether there is a formal diagnosis in place.

Good mental health is really important and Nurture Hub have a good understanding of the impact caring for a child with SEND needs can have on wellbeing.

We work with a variety of mental health concerns including compassion fatigue, depression, anxiety, chronic sorrow, loss of confidence. .

We offer up to 20 weeks of telephone or Zoom Counselling.
Our session fees are kept low so that they are affordable, starting from £35 per session. Telephone or Zoom sessions means you can access our support from anywhere.

Parents can self refer for counselling via our website or clicking this link to our referral form:
https://form.nurturehubtherapyservice.co.uk/
We do not require your child to have a diagnosis.

Nurture Hub Therapy Service

Low Cost Counselling For Over 16s

Nurture Hub Therapy Service provides confidential, person-centred counselling for neurodivergent young people aged 16 and over.

Our supportive and non-judgemental approach gives clients a safe space to talk about their thoughts, feelings and experiences, helping them better understand themselves and develop healthy ways of coping with challenges. **We do not require a formal diagnosis.**

Sessions are tailored to each individual's needs and may support concerns such as anxiety, low mood, stress, relationships, self-esteem and life changes.

Young people over 16 may experience a range of emotional, social and personal challenges as they navigate education, relationships, independence and significant life changes.

We offer up to 20 weeks of Telephone or Zoom Counselling.
Our session fees are kept low so that they are affordable, starting from £35 per session. Telephone or Zoom sessions means you can access our support from anywhere.

Over 16s can self refer for counselling via our website or clicking this link to our referral form:
https://form.nurturehubtherapyservice.co.uk/

Nurture Hub Therapy Service

Behavioural Support Consultancy

Do you struggle to make sense of your child's behaviour and want some practical advice and support?

If so, a behavioural support and advice session could be for you!

We offer 1:1, one-off, low-cost behavioural support and advice sessions.

We help support (but not limited to):

- School-based anxiety,
- Childhood depression,
- Struggling with child's behaviour,
- Behaviours that challenge,
- Child to parent violence,

What will a session look like?

All sessions are via zoom or telephone.

What can parents gain from a session?

Help with next steps if they are unsure what to do and where to go, we can help.

How many sessions can I book?

Parents can book just one session or as many as required - you can have them as regularly or irregularly as you need them.

What do we talk about during the session:

These sessions are led by the issues that you want to bring. You will be provided with an email summary, highlighting what was discussed, after the session.

Who will I be talking to?

Low cost sessions are currently provided by our founder who is a senior credited psychotherapist, specialist trainer and clinical supervisor to other psychologists, psychotherapists and allied professionals.

Nurture Hub Therapy Service

Online Therapeutic Groups

All our groups for parent carers are donation-based.
Plus the sessions are **all online**, meaning you can participate from anywhere - location won't stop you accessing our support!

The online groups we run are:

- Bi-monthly complex needs support group,
- A monthly yoga / breathwork session
- A creative therapy group

Online groups aren't necessarily a replacement for therapy or other professional services, but they can provide additional peer support between appointments or alongside treatment.

Parenting can sometimes feel lonely, especially when parents feel that other people do not understand what they are experiencing. Online groups can create a sense of belonging and community.

Online support groups can help parents feel less alone, more understood, more confident and better supported, which can contribute to better mental health.

Our bi-monthly complex needs support group can provide emotional support. Parents can talk about worries, stress and difficult experiences and receive encouragement from peers.

Email us for more information on our Therapeutic Groups

Nurture Hub Therapy Service

How To Contact Us

Please get in touch if you'd like further information or to get started with any of our services.

Email:
Nurturehub@icloud.com

Call:
07957 425775

Website:
www.nurturehubtherapyservice.co.uk

Self Refer Counselling Form:
via our website or
https://form.nurturehubtherapyservice.co.uk/

Nurture Hub Therapy Service

Testimonials

"It really helped just having someone to really listen. I felt like somehow she just got it. Just having the time to be me was important, being able to talk about how hard it is without people telling me how to parent."

Parent's feedback

I loved our sessions, was sorry when they ended, but much better prepared to face life's challenges.
Highly recommended.

Client's feedback

Incredible therapist - really felt she got to know me, how I respond and used her expertise to guide me through some very tough times. Compassionate approach with the right level of balance. Very accessible and supportive - would recommend in a heartbeat. Thank you for all you have done for me - a true lasting impact on my life.

Client's feedback

Professional, compassionate empathetic therapist, who takes a holistic approach to meet the clients desired outcomes. I would Recommend 100%

Client's feedback