



Victoria
College

VICTORIA COLLEGE THERAPIES

Students at Victoria College can access a personalised and varied therapy programme to meet their individual needs. Some of the therapies which we offer are listed below:

Physiotherapy

Where needed, students follow a personalised physiotherapy plan designed by the College Physiotherapist. We employ a NHS qualified Physiotherapist to ensure that students continue to get input for their needs. Our Physiotherapist trains staff who are then able to support the physiotherapy plans throughout the week. Physiotherapy is embedded into the everyday timetable of each of our students. Progress is monitored and plans adapted as necessary ensuring that each student receives the maximum benefit from their personal plan. In addition to the physiotherapy plans, individual risk assessments are also completed.



Hydrotherapy

Students have access to the hydrotherapy pool at Victoria School and follow individualised hydrotherapy programmes provided by our Physiotherapist. The warm water in the pool has many therapeutic benefits including relief of pain and muscle spasms, maintenance or increase in the range of motion of joints, improved circulation and an increase in tolerance to exercise, maintenance and improvement of balance, coordination and posture and for some students, independent standing in water to improve leg strength and mobility. Hydrotherapy has a positive effect on the mental health and well being and increased level of independence and freedom of movement in the water, which is of particular benefit to our wheelchair users.

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Rebound Therapy

Rebound therapy offers students a movement programme using trampolines. This enhances movement patterns and provides therapeutic positioning and exercise. It is a fun and interactive activity which enhances communication, self confidence, coordination, balance, muscle tone, freedom of movement and relaxation. Rebound therapy helps to stimulate the digestive system, improves bowel function, internal organ massage, improvement in the clearance of toxins from the body and respiratory benefits. Rebound staff have completed a certified accredited training course and students work towards personal targets provided in consultation with our Physiotherapist. More information regarding Rebound Therapy and its benefits can be found at www.reboundtherapy.org.



Music Therapy

We employ Music Therapists who work with identified students. This therapy provides concrete, multi-sensory stimulation (auditory, visual and tactile), for students with complex needs. It supports and develops skills such as release and exploration of emotions, non verbal and verbal communication, listening, use of gross and fine motor movements, active and improvised music making (using instruments and voice) and sequential memory and recall of information. During sessions there are opportunities for individual self expression through playing musical instruments and for whole group participation. Therapy is delivered to individuals or small groups, dependent on need.



Meditation and Yoga

Special yoga combines body, breath and mindfulness practices that ultimately aim to help students feel calm and relaxed, which helps students to calm their nervous system and allows them to experience less physical pain and emotional trauma. They can form rewarding relationships with all around them, build strength, coordination and flexibility, improve natural sleep and digestive patterns and help embed their communication skills. Each session begins with an element of sound therapy, such as singing bowls, tuning forks or chanting, while students are in physio equipment that encourages them to relax. Sound vibrations connect deeply to our emotions and can help to physically reduce stress as the vibrations are proven to unblock emotional blockages and repair damaged tissues and cells within the body by lowering blood pressure and stimulating 'happy' hormones. Students are given a choice of a mindful massage or adapted yoga stretches that follow their physio plans as designed by the College Physiotherapist.

Speech & Language Therapy

Communication is a key part of our curriculum. We believe that it is pivotal in empowering students to play an active part in decision making and enables them to become as independent as is possible. Students have a baseline assessment with our therapist, who is employed by College to ensure maximum specialist support in the development of the communication skills of our students. The therapists provide specialist training and advise to staff so that students have access to low and high tech Augmentative and Alternative Communication (AAC) equipment, such as communication in print symbols, switches, eye gaze and objects of reference and technology. Staff are Makaton trained and use signing throughout the day to support communication with our students.

