



**Lighthouse**  
Outreach Service

*Resilience*  
*Perseverance*  
*Independence*

## Outreach

**Lighthouse Outreach Service** supports children with Social, Emotional, and Mental Health (SEMH) needs, as well as those with Special Educational Needs (SEN). We also work in partnership and collaboration with school staff across Herts, Luton, Beds and Bucks, providing expert outreach support.

---

### How can we help!

- Improve concentration and focus, in classes, in exams and tests, on the sports field, when playing games, when paying attention and listening to others
- Fulfil potential and pursue own goals (e.g. be more creative, more relaxed, both academically and personally)
- Experience greater wellbeing (e.g. feel happier, calmer, more fulfilled)
- Work with difficult mental states such as anxious thoughts and low moods
- Cope with everyday stresses and strains and adolescent life such as exams, relationships, sleep problems, family issues
- Improve levels of engagement

---

### What can we offer?

- Support, advice and Strategies for Emotionally Based School Non Attendance (EBSNA/EBSA)
- Coping with stress and anxiety
- 6 week course on controlling anger
- 6 or 8 week Satellite behaviour HUB programme, with a focus on emotional literacy
- Emotional regulation
- Group activities to enhance social skills, friendships, body language and communication
- Observation and recommendations for school staff
- School transition support
- Self-esteem and communication
- Solution focused circles
- Staff training (EBSA, Emotional regulation etc.)
- 10-week mindfulness in schools curriculum for learners aged 7-11 or 11-18
- Mindfulness-Based CBT/DBT
- 4 week workshop on coping with stress and anxiety designed for parents/guardians or school staff

### Contact Us

📞 Mobile: 07903687577

✉ Email: [Info@lighthouseoutreachservice.com](mailto:Info@lighthouseoutreachservice.com)

🌐 Website: [Lighthouseoutreachservice.com](http://Lighthouseoutreachservice.com)