The Nurture Group room is equipped with a comfortable home-like area for sitting and talking, a dining and kitchen area for the preparation and sharing of a snack and resources for playing, creating and relaxing.

Relationships in the group are warm and affirming, with an emphasis on sharing, listening and taking turns.

Rules are discussed and agreed with the young people.

Ways of speaking about emotions are modelled and taught.

Opportunities to develop problem-solving skills are provided.

Opportunities to engage in activities associated with an earlier developmental stage, such as art and craft and games, are regular features of the sessions. This helps the young people catch-up on skills they might have missed out on during their development.

For further information please contact us using the following contact details.

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What is a Nurture Group?

- A preventative intervention to support young people with social, emotional and behavioural needs within their school based on six key principles.
- A safe space which helps vulnerable young people to cope with the demands of school and develop the skills and confidence needed to participate in school.
- It provides opportunities to return to activities associated with an earlier developmental stage in order to develop social and emotional skills, such as craft and games.

Who would benefit?

Some young people are not able to adjust to the demands of school because they have not had the opportunity to develop the social skills, the self esteem or the confidence needed. These young people will have significant needs but their problems vary from the being withdrawn to those whose behaviour is disruptive to others.

Nurture Groups are for groups of 6 to 8 students who remain members of their form and subject lessons, but who spend two sessions a week for 2 to 3 terms in the nurture group. Nurture Groups work best if there is a balance of young people: girls and boys and not more than two thirds of students showing aggressive behaviour. The Nurture Group model was originally developed for children in infant school but has been adapted and used successfully in secondary schools.

Who runs the Nurture Group?

The group is planned delivered by two skilled and committed practitioners, who usually have a background as a learning support assistant or in the pastoral support team. The practitioners provide a modelled positive relationship for the young people to observe and learn from, as well as supporting the young people to develop positive relationships with others in the group during the nurture group activities. Their Nurture work is supported by the SENCo or other key member of school staff.

How often does the Nurture Group take place?

In Buckinghamshire we use a part-time Nurture Group model, which runs for a minimum of two sessions per week. Young people are withdrawn from their usual lessons to attend the group. Schools carefully consider which lessons the young people are missing.

The six principles of Nurture Groups

- Students’ learning is understood and responded to developmentally.
- Nurture Room offers a safe and predictable environment where adults are reliable and set firm boundaries.
- Students are valued and responded to as individuals to support their self-esteem.
- Language is a vital means of communication.
- All behaviour is communication.
- Transitions are important.

What happens at the Nurture Group?

- The Nurture Group sessions happen during a regular timetabled slot and follow a similar structure of activities each week to provide a safe, predictable setting.