RISE NI Universal and Targeted Groups: Information for Parents

RISE NIis a multidisciplinary team, working in mainstream schools, nurseries and playgroups. We focus on early intervention to help children reach their potential in school. The team consists of Speech and Language Therapists, Occupational Therapists, Physiotherapists, Social Emotional Behavioural Practitioners and Support Workers.

The team has arranged with school to deliver a programme in your child’s class. This will take place in school over the course of the school term. All of the children in the class have been invited to participate.

The Teache.Breathe programme is being delivered as part of a pilot programme to expand our services into Key Stage 2. As a part of this pilot, we are looking forward to asking the children in the class for their feedback and ideas about the programme. All information collected will remain anonymous.

During these sessions, children will explore issue around attention, work, sleep and relationships and explore how the brain works and an introduction into mindfulness.

Please see attached link for more information.

<https://belfasttrust.pagetiger.com/teachbreathe>

The group will be delivered by RISE staff commencing on Thursday 14th March 2024 for 4 weeks.

Please speak with your child’s teacher if you would like further information. More information about the RISE team can be found at: <https://westerntrust.hscni.net/service/rise-ni/>

We hope that your child will enjoy participating!

Yours sincerely,

The RISE NI Team in the WHSCT

