

Mrs Lamble



Hello welcome to Inclusion. I am Mrs Lamble an E.L.S.A. (Emotional, Literacy, Support, Assistant.) I work in inclusion 5-7 hours a week. I have regular training and supervision with our Educational Psychologist. I am also trained to help young people with bereavement. When I'm not in inclusion I am a Teaching Assistant in various Departments so you will see me around the school too.

I can help you with you with many needs from strategies to help with your Self Esteem, coping/breathing skills if you are feeling anxious, angry, upset, emotional or negative. I use a CBT approach which we go through over a 6 week period, meeting up once a week for half hour sessions. These sessions can be extended if necessary. If you find it easier to write things down rather than talk, I have fun booklets for you to complete. There are games, puzzles or arts/craft activities available too. If I am feeling anxious and worried, I like to do something positive like making something.