



2026-2027

RIVERMEAD SOLUTIONS

Solutions that make a difference
across Medway & Kent



rmsolutions@r-i-t.org

<https://rivermeadsolutions.co.uk>



Rivermead Solutions

Empowering educators

Supporting families

Transforming futures



Solutions that make a difference
across Medway & Kent

**BESPOKE PACKAGES
AVAILABLE**

Our Services include:

- ✓ Educational Psychology
- ✓ Occupational Therapy
- ✓ Speech & Language Therapy
- ✓ Counselling
- ✓ Inclusion Provision Audits
- ✓ Outreach Support
- ✓ Team Teach Training
- ✓ First Aid Training
- ✓ Bespoke CPD sessions



Contact us: 
rmsolutions@r-i-t.org

<https://rivermeadsolutions.co.uk>



EDUCATIONAL PSYCHOLOGY

Solutions that make a difference across Medway & Kent



What Is Educational Psychology in Schools?

Educational Psychology (EP) in schools focuses on understanding and supporting children's learning, behaviour, and emotional wellbeing. Educational Psychologists apply psychological theory and evidence-based approaches to help children and young people thrive in educational settings.

They work collaboratively with school staff, families, and other professionals to identify barriers to learning and development, and to provide tailored strategies that promote inclusion, progress, and wellbeing.

Costings



Services start from
£600 per day.

Please note this is not an assessment rate as some assessments can take up to 3 days.

Who Might Benefit From A Referral to Educational Psychology?

A referral to an Educational Psychologist may be appropriate for children and young people who:

- Are experiencing difficulties with learning or academic progress
- Show signs of emotional or behavioural challenges
- Are undergoing assessment for SEND, Autism, ADHD, or EHCP applications
- Need support with social interaction, resilience, or self-regulation
- Would benefit from therapeutic input or systemic support within the school



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



OCCUPATIONAL THERAPY

Solutions that make a difference across Medway & Kent

What Is Occupational Therapy in Schools?

Occupational Therapy (OT) is a holistic, child-centred service that supports students in developing the skills they need to participate fully in school life. This includes activities related to learning, self-care, play, and social interaction.

OT practitioners work collaboratively with school staff, families, and other professionals to identify and address barriers that may impact a child's ability to engage in everyday school activities. These barriers may be physical, sensory, emotional, cognitive, or environmental.



Costings

Whole days from £440

Single assessments from £250

Audits from £450

CPD Training from £200



Who Might Benefit from a Referral to Occupational Therapy?

A referral to OT may be appropriate for students who experience challenges in areas such as:

- Fine motor skills (e.g., handwriting, using scissors)
- Gross motor skills (e.g., balance, coordination)
- Sensory processing (e.g., sensitivity to noise, touch, or movement)
- Self-regulation and emotional wellbeing
- Daily living skills (e.g., dressing, eating, toileting)
- Attention and concentration
- Organisation and planning

You may also refer a child who is being considered for pathways such as Autism or ADHD, or if you are applying for an Education, Health and Care Plan (EHCP).



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



SPEECH & LANGUAGE THERAPY

Solutions that make a difference across Medway & Kent

What Is Speech & Language Therapy in Schools?

Speech and Language Therapy (SLT) in schools supports children in developing effective communication skills, which are essential for learning, social interaction, and emotional wellbeing. SLT practitioners work collaboratively with school staff, families, and other professionals to identify and address communication barriers that may affect a child's ability to participate fully in school life.

Therapy may focus on speech clarity, understanding and using language, social communication, fluency, and voice. The approach is tailored to each child's needs and may include direct intervention, classroom strategies, and staff support.



Costings

Whole days from £440

Single assessments from £250

Audits from £450

CPD Training from £200



Who Might Benefit from a Referral to Speech & Language Therapy?

A referral to SLT may be appropriate for children who experience difficulties in areas such as:

- Speech sound production (e.g., unclear or distorted speech)
- Understanding spoken language (e.g., following instructions, processing information)
- Expressive language (e.g., forming sentences, using vocabulary)
- Social communication (e.g., turn-taking, eye contact, understanding social cues)
- Fluency (e.g., stammering or hesitations in speech)
- Voice quality (e.g., hoarseness, volume control)

Children undergoing assessments for Autism, ADHD, or those being considered for an Education, Health and Care Plan (EHCP) may also benefit from SLT input.



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



COUNSELLING

Solutions that make a
difference across
Medway & Kent



What Is Counselling In Schools?

Counselling for children, rooted in humanistic psychology, provides a safe and accepting space where children can explore their thoughts, feelings, and experiences. The aim is to support self-discovery, emotional growth, and resilience.

Sessions may involve talking, creative expression through art, play, or other therapeutic tools such as games, fidget items, and sensory materials. The approach is child-led, allowing the child to guide the content of the sessions while the counsellor offers support and guidance.



Costings

Whole days (4 children) from £280

Half days (2 children) £140

CPD Training from £200

Who Might Benefit From Counselling?

Counselling may be beneficial for children experiencing:

- Anxiety, low mood, or emotional distress
- Bereavement, trauma, or family changes
- Difficulties with friendships or peer relationships
- Low self-esteem or confidence
- Behavioural challenges or emotional regulation difficulties
- Stress related to school or home life

Counselling helps children develop coping strategies, improve emotional awareness, and build stronger relationships.

Core Principles of Counselling

- Empathy – Understanding the child's experience from their perspective
- Congruence – Being genuine and transparent in the therapeutic relationship
- Unconditional Positive Regard – Accepting the child without judgment



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



INCLUSION AUDIT SERVICES FOR SCHOOLS

Solutions that make a
difference across
Medway & Kent



Why Choose Us?

With inclusion at the heart of education, a long standing reputation for excellence in our field, our audits go beyond compliance. We offer bespoke, context-sensitive audits led by highly experienced specialists, designed to help schools build inclusive, impactful, and sustainable SEND provision. We can offer audits from EYFS through primary into secondary.



Costings

Choose the level of support that suits your school's needs and budget. We create a package of support which is meaningful to you. Our packages:

Bronze - typically 1.5 days @ £750

Silver - typically 2.5 days @ £1250

Gold - typically 3.5 days @ £1750

Tiered Audit Packages

These include a review of any combination of the following areas:

- Leadership
- Assessment
- Teaching & Learning
- Environment
- Parent/Carer & Pupil Voice
- Resources & Provision
- Strategic Action Planning
- SEND Leadership Coaching
- Multi-agency Engagement Review
- SEND Register Profile Analysis
- Leadership & Statutory Compliance (CoP, APDR)
- Initial Impact Assessment
- Identified CPD package
- Therapy Provision Overview (Therapist involvement @ £300 per day)
- Follow-up Visits & Maintenance Reviews
- Termly Inclusion Health Checks



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



EYFS OUTREACH & AUDIT SERVICES

From need to nurture.
Practical early years SEND
support that works in real
settings.

What Do We Offer Schools?

At RM Solutions we believe early identification and early intervention are crucial in helping children feel understood, supported, and confident. As an inclusive trust, we know that every child, whatever their needs, deserves the opportunity to thrive – not just survive. By recognising and supporting individual needs early and providing the right support, we help children build on their strengths, overcome barriers, and give every child the best possible start in helping them to reach their full potential.

Our outreach service provides practical, tailored SEND and inclusion support for:

- PVI nurseries
- School-based nurseries
- Private day care settings
- Childminders
- Reception classes.

The support we can offer is designed to strengthen inclusive practice, improve outcomes for children with additional needs and build staff confidence and capacity.



What We Offer:

- Individual child support
- Small group interventions
- Whole-setting SEND and Inclusion support.
- Staff training and coaching
- Parent support and guidance
- EHCP and SEND paperwork support.
- Individual learning Plans.

-6-week Outreach Support Packages

These packages are bespoke to your setting and designed to provide practical, hands-on support. All programmes are bespoke and delivered in-person, virtually, or through a blended model.

Costings



Tier 1 – Targeted Support Package £400

Tier 2 – Small group and setting support package. £750

Tier 3: Whole setting Inclusion package £1500



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



RM SOLUTIONS OUTREACH

Solutions that make a
difference across
Medway & Kent



What Is The RM Solutions Outreach Service?

The RM Solutions Outreach Service provides specialist support to schools and nurseries across Medway and Kent, helping children and young people with SEND to remain in their home school, thrive as learners, and develop the skills needed to succeed.

Established in 2015, the service has built an outstanding reputation for delivering bespoke support, training, and consultation, particularly in the field of Autism Spectrum Conditions.

Costings

£225 Whole day (with 2 full reports)

£270 6 x 1hr group work sessions

Packages:

1.1 day support to include audit and next steps £250

2.1 day support and 2 training sessions £700

3.1 day support, choice of two training sessions and

6x days with 2 reports each day for individual children.

£1500

Please note that other packages can be built bespoke to your setting and needs.

Who Might Benefit From RM Solutions Outreach ?

Our outreach teachers have extensive experience supporting children and young people with a range of complex needs, including:

- Autism Spectrum Conditions
- ADHD
- PDA Profile
- Speech, Language and Communication Needs
- Anxiety
- Social Communication Difficulties

Support is available across Nursery (including PVI settings), Primary, and Secondary phases, and can be tailored to key transition points such as moving from primary to secondary school.



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



TEAM TEACH POSITIVE HANDLING

Solutions that make a
difference across
Medway & Kent



What Is Team Teach Positive Handling?

The RM Solutions team deliver both Level One (6hrs) and Level Two (12hrs) courses, providing individuals with practical, interactive training, designed to transform participants' practice in the workplace. The courses will also cover documentation and legal guidance, as well as best practice when reporting and reviewing incidents. Our training emphasises positive relationships as being the key element in behaviour support, with physical techniques serving as only one part of an overall approach.



Costings

Level One (6hrs) from £120pp

Level Two (12hrs) from £190pp

Please note that enrolment on any Team Teach course, requires membership to their platform; Team Teach Connect. The platform forms part of how training is delivered and membership to it is also a condition of certification. The annual membership fee is £160 + VAT per school and will be payable by you to Team Teach following completion of the course on receipt of the invoice.

Who Might Benefit From Team Teach Training ?

Level One (6hrs)

Those working in low-risk primary and secondary schools or low-risk adult or child service settings, to understand and implement holistic behaviour management strategies.

Level Two (12hrs)

Organisations supporting children, young people and vulnerable adults with documented special needs or challenging behaviours, and who may pose a risk to themselves or others in medium-risk Education and Health and Social Care settings.

The techniques delivered will be appropriate to the service setting of the group.



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



FIRST AID TRAINING

Empower Your School Staff
with Lifesaving Skills

Why Choose Us?

With over 23 years of teaching experience in both primary and secondary education, our course lead, Samantha Jessup, brings not just expertise - but real-world understanding of the everyday school environment. We offer friendly, practical, hands-on training tailored to real school scenarios.

Our Paediatric first aid courses cover working with children in settings from birth to 18 years old. Fully compliant with EYFS and Ofsted requirements, ideal for those working with children from birth to five years old. This course meets the statutory framework that states all early years providers must have at least one person with a full paediatric first aid certificate available at all times.



Courses We Offer:



Paediatric First Aid (12hr)	
2-day in person	£160
Blended (1day online,1 day in-person)	£99
Emergency Paediatric First Aid	£99
Emergency First Aid at Work	£99
First Aid at Work (3 day)	£250
First Aid at Work REQUAL (2 day)	£160
Annual refresher courses upon request.	

Blended options available

**Fully regulated courses can be delivered at our site in Medway
or a bespoke package onsite at your school for INSET/Twilight.**
Please note that minimum candidate numbers apply for courses to run.



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>



PROFESSIONAL DEVELOPMENT (CPD)

Solutions that make a
difference across
Medway & Kent

What CPD Do We Offer Schools?

At RMSolutions, we are proud to deliver a comprehensive and evidence informed CPD programme designed to strengthen practice across education, health and wellbeing. Our training offer spans the full breadth of children's therapeutic and specialist support services, including Occupational Therapy, Speech and Language Therapy, Educational Psychology, Psychotherapy, SEMH, and SEND-focused development.

Our sessions are practical, engaging, and tailored to the real-world challenges faced by schools. Whether developing staff confidence in sensory regulation, communication needs, emotional wellbeing, neurodiversity, behaviour as communication, inclusive classroom practice, or graduated support, each module is crafted and delivered by experienced clinicians and specialists from our multidisciplinary team.

We offer:

- Whole-school CPD sessions
- Targeted workshops for SENCOs and pastoral teams
- Practical 'hands-on' training for class staff and support assistants
- Leadership briefings and strategic SEND development sessions

Our goal is to empower school communities with knowledge, strategies, and confidence—ensuring every child is understood, supported, and able to thrive.



Costings

Services start from
£200 per session.



rmsolutions@r-i-t.org



<https://rivermeadsolutions.co.uk>

