



Starjumpz Integrated Health and Therapy Services

Services for Children

- Neurodevelopmental Paediatrician
- Occupational Therapy and Sensory Integration Therapy
- Speech and Language Therapy
- Physiotherapy
- Non-Directive Play Therapy
- Mindfulness for Children; Coming Soon
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Services for Adults and Children

- Neurofeedback Therapy
- Nutritional and Naturopath Consultancy
- Neurolinguistic Practitioner
- CBT
- Counselling
- Family Therapy

Consultant Neurodevelopmental Paediatrician

Dr Georgie Siggers

BSc(HONS), MBBS, MRCP, MRCPCH, Clinical Director Starjumpz

Dr Siggers has specialised in Neurodevelopmental Paediatrics since 2001. She was formally a consultant at the Evelina Centre Guys and Thomas Hospital.

She offers the following services:

- Developmental and diagnostic assessment
- Multidisciplinary assessments
- Consultations
- Ongoing follow up care and management

Georgie is experienced with working with a variety of conditions including neurodevelopmental conditions such as Autism, Attention Deficit and Hyperactivity Disorder (ADHD) and Developmental Coordination Disorder/ Dyspraxia, Sensory Processing Disorder and complex disabilities. She is very experienced in working with adoption and fostering.

Occupational Therapy

Jo Brett (CEO) leads the team of highly experienced Paediatric Occupational Therapists.

Our team work to assist children to develop their functional skills, enabling them to increase their confidence, attention and self-regulation, physical, academic and social skills. The work includes supporting parents and teachers to understand any difficulties and to help support and empower children to overcome challenges and to maximise the benefit of therapy. Our therapists work in a variety of settings including the centre, home and school.

Assessment and treatment cover a broad range of difficulties which include:

- Balance and coordination problems
- Fine motor skills including handwriting difficulties
- Low self-esteem
- Attention and concentration
- Difficulties with self-regulation, anxiety, emotional under or over-reactivity
- Behaviour problems and over sensitivity to touch or sounds
- Hyperactivity and distractibility
- Organisation and planning
- Underachieving or delays in academic ability
- Social skills
- Activities of daily living, feeding, dressing, washing, occupation/play
- Life skills, planning diary, shopping, cooking, travel, use of money

Treatment approaches include:

- Sensory Integration Therapy
- Neurodevelopmental Therapy
- Perceptual Motor Training
- Visual Perceptual training
- Play therapy
- Portage Early Learning Teaching System
- Integrated Listening Systems
- Behavioural approaches to learning
- Handwriting therapy programmes
- Life skills training

Therapy sessions are fun and motivating and address the key underlying skills that occupational therapists are concerned with, which include: sensory and perceptual processing, neuromuscular abilities, gross and fine motor skills, handwriting, oral

motor skills, cognitive components which underlie a child's ability to perceive, attend and learn from the environment and develop social skills.

Sensory Integration therapy

Our occupational therapists, physiotherapists and speech and language therapists use this therapeutic approach. For example our physiotherapists use it to enhance sensory processing in children with reduced and gross motor mobility which is the case for all children with Cerebral Palsy.

Children who have difficulties with sensory integration may experience physical symptoms such as poor co-ordination, or they may experience regulation difficulties such as difficulty with attention, hyperactivity, under-activity or extreme emotion.

Speech and Language Therapy

Our Speech and language therapists work with children and their families in our centre, home and school settings delivering therapy and providing guidance to support children's speech and language development, social and communication skills.

Speech and language therapy can help with;

- Speech and language development
- Speech clarity and voice quality
- Stammering
- Social and interactional skills
- Listening and attention
- Literacy
- Global developmental delay
- Autism
- Dyspraxia
- Bilingualism.

Physiotherapy

Our Neurodevelopmental paediatric specialists very experienced in treating conditions such as cerebral palsy, developmental delay, global and developmental delay, orthopaedic problems, juvenile arthritis, complex disabilities, dyspraxia and postural issues.

They are experienced in treating children with Cerebral Palsy who have SDR operations, including use of Functional Electric Stimulation and Galileo therapy to strengthen muscles, with a close working relationship with Paediatric Orthotists for appropriate provision of orthotics post-surgery.

Treatment approaches include:

- Bobath neurodevelopmental treatment
- Galileo therapy to enhance bone density and counteract Osteoporosis in children with Cerebral Palsy and Brittle Bone Disease
- Assessment for suitability of Lycra garment as part of treatment
- Integration of Sensory Integration to enhance sensory processing in children with reduced and less physiological gross motor mobility which is the case for all children with cerebral palsy.
- OT/PT joint assessment / treatment

Non-Directive Play therapy

Children can benefit enormously from time spent, one to one, with the full attention of someone they can trust who will not judge what they say or do. This can help a child to develop self-esteem, confidence, independence and play skills. The method can also be developed to encourage communication.

Services for Children and Adults

Neurofeedback

Neurofeedback is a safe and drug free approach which trains the brain to function more effectively. It enhances the function of the central nervous system thus improving mental performance, emotional control and physiological stability.

Individuals of any age can benefit from Neurofeedback. Neurofeedback can help a variety of childhood problems including ASD, ADHD, dyslexia, dyspraxia, anxiety and numerous forms of disruptive and disturbing behaviours. For adults, it can alleviate symptoms of physical and emotional problems such as migraines, depression and PTSD.

The American Academy of Paediatrics gave Neurofeedback their top evidence based rating as an intervention in the treatment of attention and hyperactivity behavioural problems in children and adolescents

[NEW – Alpha Stim](#)

Cranial electrotherapy treatment, device for home use to treat insomnia, anxiety and depression

[Clinical Nutritionist and Naturopath](#)

Screening for and treatment of problems with gut health.

This is especially important for children with Autism, ADHD, Dyspraxia and other neurodevelopmental conditions.

Many children with Autism and neurodevelopmental conditions can have gut problems ranging from the visible, diarrhoea or vomiting to the invisible, pain, nutrient deficiency and acid reflux. Researchers have found a strong correlation between the severity of gut symptoms and the severity of ASD symptoms.

These issues can present either the same way that they would in anyone else, or as behavioural problems that seem completely unrelated, including sleep disturbance, irritability, oppositional behaviour or self-injury. Unfortunately, if behavioural symptoms are the only obvious sign, the underlying gut problem can often go undiagnosed because it is not an obvious leap to make from 'sleep problems' to 'gut flora'. Looking not only at the gut bacteria itself but also food intolerances is very important and can often bring about significant change.

[Neurolinguistic Practitioner NLP](#)

Neuro linguistic programming can help remove negative emotional patterns and create a different way of thinking.

NLP allows you to change, adopt, eliminate behaviours as you desire and gives freedom of choice. It also gives the ability to alter our mental, emotional and very often as a result, our physical states we choose. With NLP, you can experience a better quality of life and well-being.

NLP has helped children with issues such as low self-esteem, motivation and toiletting issues.

Cognitive Behavioural Therapy CBT

Treatment for children and adults for a wide range of psychological issues such as depression, anxiety and panic disorders, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), anger problems, eating disorders, weight control and the treatment of unwanted behaviours.

CBT focuses on the way people think and act in order to help them overcome their emotional and behavioural problems. When appropriate the CBT specialist may use Cognitive Behaviour Hypnotherapy which incorporates CBT with clinical hypnosis.

Counselling and family Therapy

Counselling offers a private, confidential space in which to talk through concerns, thoughts and feelings in relation to everyday functioning. Life throws up hurdles and we can feel stuck with the emotional impact. Having a non-judgmental listener can help us restore our confidence and to find our way again. Christine is happy to work with both children and adults as individuals, or as couples.

Starjumpz Talks and Workshops

Join our mailing list for information on these. Some talks are on video and are uploaded to our website or facebook page.

Please contact us for further details on services and pricing

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