



Play Therapy Base

Trustees Application Pack



Thank you for considering joining our Board of Trustees. My name is Linda Cuthbert, and I am Co-founder and Service Manager of Play Therapy Base. I would like to share our story.

In the spring of 2011, a conversation over coffee about the need for a child mental health Play Therapy service in Midlothian led to the establishment of Play Therapy Base.

We began as a tiny organisation with just four therapists investing their own time and money to create a central base with a playroom in Hardengreen Industrial Estate in Eskbank. Since then, Play Therapy Base has grown exponentially. As the need in the community continued to grow, we took on two more units in the estate to create two further playrooms, a family waiting room and additional office space. Volunteers became employees and staff continued to join us as time went on and the service developed.

In May 2015, Play Therapy Base gained charity status with the objective to relieve the needs of children and young people suffering social, emotional, and behavioural difficulties. This was to be achieved by delivering child centred therapeutic services, specifically Play Therapy & Filial Therapy, and promoting high standards in the practice of Play Therapy for the public benefit.

Now in 2025, we are a team of 16 staff consisting of 12 Play Therapists, 2 Creative Art Therapists and 2 Administrators.

In 2024/25 Play Therapy Base supported 501 children and their families, with 291 of those children accessing 1:1 Play Therapy Emotional Check-ins Parent and Child Therapeutic Play or Filial Therapy. The remaining 210 received support through lunchtime drop-in sessions across 8 primary schools in Midlothian.

Support Offered

1 to 1 Play Therapy

Children are offered a safe, child centred environment, where they lead their Play Therapy Session.

A variety of materials are available to explore their experiences, feelings and worries through play.

Therapeutic Play and Filial Therapy

Parent/Carers and their children attend a block of weekly sessions. Using play and play materials they are supported by the qualified therapist to develop their communication and strengthen their relationships.

School Work

PTB Therapists are based in nursery or school settings and offer a bespoke package of Play Therapy supports to meet the school's specific needs.

Consultations

Parent/Carers consultations offer the child's main carer a space to explore relational interactions and use of play to support communication and positive interactions.

Our Playrooms and Family Waiting Space





Board of Trustees

Our Board of Trustees are essential to the running of our service and we are looking for passionate individuals to join us. Ideal applicants will have specific knowledge and experience in one or more of the following areas:

- Finance –support of voluntary agencies in establishing good practice in line with legislation, and of developing self-sustaining business practices.
- IT- technical support and/or client database systems
- Voluntary sector – as practitioner or board member
- Children's mental health - as practitioner or policy maker contribute to
- Fundraising – as a fundraiser or interest and experience of community fundraising.

The Board meets for around 2 hours, every 8-10 weeks. Meetings are held at our premises in Eskbank, Dalkeith, with remote access during instances when a Trustee is unable to attend in person.

If you would like to support our service by applying to join our Board or would like to find out more about our organisation and the role of our Board members, please get in touch with Linda Cuthbert, Service Manager, via one of the contact methods below.



Email us at

linda@playtherapybase.co.uk

with a short description of your knowledge/skills
and why you would like to join us



Call us on

0131 454 9713