

**BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY**

**Executive Headteacher: Mrs S J Moore**

**Acting Head of School: Mr P Bellamy**

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Bourne**

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10<sup>th</sup> September 2020

Dear Parent/Carer

Healthy Minds, Lincolnshire have asked us to provide you with a quick update on their upcoming workshops for parents and young people.

**Virtual Workshops:**

They are offering a variety of online workshops for both parents/carers and young people over the coming months. The following workshops are being run on various dates between September and December, online via Webex and can be booked onto via Eventbrite:

- Improving a young person's wellbeing (Primary) for Parents/Carers
- Parent/Carers Supporting Children with Anxiety and Additional Needs - two session online event. (This event is a 'Support Club' and requires content to be completed prior to access. Please read the information on Eventbrite for further details).

They will be releasing tickets on a monthly basis, so keep an eye out on their Eventbrite page for dates and times. More information can be found on the website <https://www.lpft.nhs.uk/young-people/lincolnshire/whats-new/healthy-minds-lincolnshire-upcoming-online-workshops>

The Eventbrite page can be accessed via this link: <https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

**Pre-recorded online workshops:**

There are also several online recorded workshops for both young people and parents/carers on a variety of concerns. These can be accessed via the website <https://www.lpft.nhs.uk/young-people/online-workshops>. In the coming weeks Healthy Minds will be adding a 'Managing Angry Feelings workshop' suitable for primary aged children, with the support of an adult.

If you think any of the workshops will be helpful to you and/or your child please do take a look.

Yours sincerely



Mr P Bellamy  
Acting Head of School