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26th May 2022

Dear Parents/Carers,

RE: Anxiety workshops

The Care and Safeguarding Team would like to invite you to be part of a parent workshop based on Anxiety. Ness Newman who is our Educational Mental Health Practitioner (EMHP) will be running these sessions. Ness is now based at Lampard on a Tuesday each week and she is part of the Mental Health Support Team for Schools in North Devon, where she works as part of the NHS.

To make this session more accessible to all we will have three options.

- 1- In school face to face session on Tuesday 14th June 2022 at 10.15am.
- 2- Online (TEAMS) session on Tuesday 28th June 2022 at 9.30am.
- 3- A recording of Ness' face to face session emailed to watch at your convenience.

If you would like to attend any of these sessions please complete the below slip and return to school by 10th June 2022.

If you have queries about this event please contact Kat or Cathy from the Care and Safeguarding Team.

Yours Sincerely

The Care & Safeguarding Team

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 FAO- Care & Safeguarding Team

Anxiety Workshops

Name/s of those attending: _____

Please circle which option you would like to attend:

Option 1

Option 2

Option 3

Please add email address if picking option 2 or 3.....

