

30th Aug 2022

Dear parent/carer.

As part of our support for our pupils in Cedarbank we have been working with a range of partners to create a supporting Mental Health and Wellbeing policy and set of procedures.

We are grateful to one of our parents, Jane Marshall, who in her role as Family Champion has been involved in supporting us to launch a parent/carer support group. The purpose of the group is to provide a forum for parent/carers to meet each other while considering the topic, with a facilitator leading the session.

We invite you to come along to any of the first four sessions on the topics listed below.

There will also be cake!

Please return the slip below if you intend to join us any of the sessions which will run from 2-3pm in our lovely new Cedarbank school building.

Thursday	Topic	Facilitator (s)
15 September	The benefits of meeting together and of being outside	Jane Marshall and Alison Lindsay
20 October	Child and Adolescent Mental Health Service (CAMHS)	Claire Wakefield (CAMHS)
10 November	CAMHS: Using Visuals and Social Stories to support young people	Heather Lyon (CAMHS)
8 December	Anxiety management (45 minute presentation)	Will Ogg (Educational Psychologist)

There will be further sessions offered in 2023.
Please let us know if you intend to join us.

Many thanks

A Lindsay

Return slip (to be returned by Wed 8 Sept)

I would like to attend the following sessions:

Thursday 2-3pm	
15th September	
20 October	
10 November	
8 December	

Name
Pupil

