

Frettenham Primary School
Hainford Primary School
Horsford Primary School
Old Catton Junior School
White Woman Lane School
St. Faiths' Primary School



Nebula
where stars are born

Ashley Best-White
Executive Headteacher

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Dear Parents and Carers

Support for Parents – Workshops offered free from the NHS

The last year has been extra stressful, especially if you're a parent. As we live through another lockdown it's normal and entirely understandable if you're feeling overwhelmed frustrated, worried or exhausted about the situation. If you're struggling, you are not alone.

Norfolk and Suffolk NHS Foundation Trust are running a series of online workshops to help you.

The first in a series of online workshops; **Surviving lockdown mark 3**, will explore how we make sense of what we are all experiencing. It will consider the most significant challenges posed by the pandemic for both parents and young people (including anxiety and low mood) while also thinking about the most helpful ways to manage these challenges.

You can book onto the workshop on Monday 25 January at 1pm or 6pm; or Tuesday 26 January at 6pm or 7.15pm by emailing admin.pst@nsft.nhs.uk

These workshops are designed to provide advice and guidance on how best to support your child's mental health. They will last one hour and will be recorded so anyone unable to attend can still access the content.

Other workshops in the series are:

Supporting our young people with anxiety

Date: Tuesday 9 February

Time: 6pm and 7.15pm

Supporting our young people with low mood

Date: Monday 22 February

Time: 1pm and 6pm

Date: Tuesday 23 February

Time: 6pm and 7.15pm

The workshops are being run by Dr Beth Mosley's psychology in schools team; made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services. The team also have a series of podcasts and blogs on the Norfolk and Suffolk NHS Foundation Trust [YouTube channel](#) which parents may find helpful.

Kindest regards

Ashley Best-White
Executive Headteacher
The Nebula Federation