

# FAMILY SUPPORT NEWSLETTER

MAY 2025

## COFFEE MORNING

Thank you to everyone who has joined us on our first couple of coffee mornings. Next half term the theme (as requested by parents) is anxiety and resilience in children. This will be held in the library at Great Budworth on Tuesday 8th July. Both schools are welcome to pop in for a drink with the option of staying for the full hour and a half.



## TRAINING

Please find attached some free training available through Logistica Training and Consultancy . Included is level 2 training on Mental Health Awareness and Certificate in understanding challenging behaviour.



## MENTAL HEALTH AWARENESS WEEK

This week is Mental Health Awareness Week. For anyone who is struggling here is a useful link to Mind's website.

<https://www.mind.org.uk/information-support/a-z-mental-health/>

Please also look here at a helpline for anyone needing any additional support.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

If anyone would like to contact me regarding family support my email address is [familysupport@antrobus.cheshire.sch.uk](mailto:familysupport@antrobus.cheshire.sch.uk)