Parent/Carer Wellbeing Appointments



Available between 3-4pm

Wednesdays and Thursdays

Email to book an appointment

This is an opportunity for us to extend our wellbeing support to the parents and carers of our pupils. Maybe you are having some barriers to your own wellbeing:

- Perhaps you are struggling with a child's behaviour and need some practical tips?
- Maybe you want to talk through some concerns around mental health?
- You might be experiencing some anxiety and need some advice to manage it?
- Maybe you are looking for some services for yourself or your child?
- It could be that you are not sure what you need help with but need to offload and discuss some options?

Whatever it is, you are welcome to come and see Aimee, Wellbeing Lead for All Saints, to discuss your concern in a confidential and non-judgemental space.

Please contact Aimee directly on: a.crutchfield@allsaints-pri.hants.sch.uk

