Shoreditch Park Primary School

City & Hackney CAMHS Alliance

Wellbeing & Mental Health in Schools Support



My name is Zoë Tweedale. I am a Clinical Psychologist who works with children, young people and families in the local Community CAMHS Team.

I am at Shoreditch Park Primary school once a fortnight (on Thursdays) working with the whole school community to support wellbeing and mental health.

As part of this I am able to offer the following support to parents:

- **One-off consultations**: These are an opportunity to talk through concerns you may have about your child's wellbeing or behaviour, or if you would like advice/signposting for support for your own mental health. To arrange a meeting please speak with me or Ms Byrne (KS1 and KS2 SENCo).
- **Coffee mornings focused on specific parenting topics**: These are an opportunity to get advice and hear from other parents. Previous topics have included the transition to primary school, managing screen time and supporting your child with friendship difficulties.

<u>The next coffee morning topic will be:</u>

Talking with your child about their feelings.
This is scheduled for **Thursday 23rd April between 9-10am in the Parent Community Room.**

We would like this session to be as helpful as possible and so would appreciate if you could take two minutes to complete the following survey:

https://forms.office.com/e/NgHk5VjGQM