

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

29 January 2021

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](mailto: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

A handwritten signature in black ink that reads "A. D. Best-White". The signature is written in a cursive style with a small dot above the 'i' in "White".

Ashley Best-White  
Executive Headteacher  
The Nebula Federation