



Trust in God and give of your best

**All Saints Carshalton Church of England Primary School**

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Headteacher: Mrs E Hart Dyke

September 2017



# MAINTAINING YOUR WELLBEING AS A PARENT OR CARER OF A YOUNG PERSON

Dear Parents/Carers,

We have arranged for a two part workshop for parents and carers run by Sutton Uplift, the Wellbeing Service, focusing on strategies and resources to improve and manage a healthy wellbeing within your caring role.

The workshops will seek to:

- Understand effective communication and a framework for problem solving
- Explore the importance of caring for yourself
- Increase understanding of support services/ groups for you and young people

The workshops will be run on Tuesday 3 October and Tuesday 17 October from 6.00pm - 8.00pm in the school.

If you would like to book a space, please complete the slip below. The workshop can accommodate up to 20 people and places will be allocated on a first come, first serve basis. You need to be able to attend both sessions.

Yours sincerely,

Mrs Emma Hart Dyke - Head teacher

**Uplift Workshop - Please return by Friday 29 September 2017**

Name: \_\_\_\_\_ would like to attend the two workshops on Tuesday 2 October and Tuesday 16 October.

Signed: \_\_\_\_\_

An Academy within the  
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