



KAT/tp

3 November 2022

Dear Parent/Guardian

WINK – Supporting Your Child’s Mental Health and Wellbeing – Thursday 17 November 2022
Venue: School Hall @ 6pm

COVID has impacted greatly on the mental health of our young people and this has only served to increase the rate in which mental health concerns have grown. This evening is a must for any parent seeking to know more about how to help and support their child with their mental health and wellbeing.

I am delighted to invite you to a WINK evening being hosted by a representative from CAMHS titled 'Supporting Your Child’s Mental Health and Wellbeing'. This event will take place on Thursday 17 November 2022 and is suitable for all parents.

Wanda Reynolds works in Hampshire CAMHS with a variety of projects that seek to support young people parents/carers and professionals. The focus is on early help, self-help, health promotion, and developing the service to be the best it can. Wanda will spend some time walking us through their hugely helpful website to show the resources that are available and accessible for all. She will also share the variety of resources that are available and update on the latest projects that will be of use and interest to many.

The evening will begin at 6.00pm in the School Hall.

If you would like to attend this session then please register your interest using the link below to visit the Eventbrite page:

[HERE](#)

We look forward to welcoming as many parents as possible to what we hope will be a helpful and informative evening.

Yours sincerely

Mrs K Thomas
Assistant Headteacher