

Dear Parent/Carer

Please find below information from Sam Tyrer, Prevention and Engagement Lead for the Nursing & Quality Directorate at the Lancashire & South Cumbria Foundation Trust. He is resuming his Mental Health Family Hour which he did in the first national lockdown and had very positive feedback for. The link to the webinar is below and the event is Thursday 21st at 10am.

Yours sincerely

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Your Word is a lamp for my feet and a light on my path. (Psalm 119, vs 105)

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**Subject:** Mental Health Family Hour

Good morning all,

I hope this email finds you well.

Following this current lockdown, I have been contacted by teachers, parents, staff and pupils regarding numerous concerns they have. The pupils have stated they are feeling incredibly anxious, struggling to motivate themselves and also feeling scared about losing family or friends to COVID-19. Next Thursday (21<sup>st</sup>) at 10am, myself and Dave will be doing an episode of the Mental Health Family Hour to address these concerns. This will be beneficial for all pupils, staff and parents. I would appreciate if you work within a school; you could send this out to all of your pupils and really encourage them to watch this episode. They will also have the opportunity to ask any questions at the end. They will not be on camera, as it is via Twitch. Please do share this with anyone who you feel would benefit from this.

The link for next Thursday - <https://www.twitch.tv/mindsetbydave>

There will also be further episodes following this. As always, I will send the recorded link out following next week's webinar.

**Kind regards,**

**Sam Tyrer**

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