19th December 2019

Hi All,

As we get to the end of term, I wanted to share something that was e-mailed to me via mind.org.uk <https://mind-charity.org.uk/CZC-6MSG9-A2W9HQ9W12/cr.aspx>

They have loads of really good resources, no matter what you are struggling with re. well being.

Christmas, whether you celebrate it or not, can be quite a difficult time for some so make sure you are looking after your self-care as well as supporting others. If you need any further help with accessing helpful websites etc. please e-mail me and I'll send through some links. If you no longer want to receive these e-mails, please also e-mail and I'll take you off.

Enjoy the break,

Jen