

Euxton Primrose Hill

WEDNESDAY WEEKLY

1st October 2025

www.primrosehillschool.org.uk

X - @EuxtonPH

"Together We Will Make A Difference."

HEADTEACHER MESSAGE

Thank you to everyone who supported our Macmillan coffee morning last Friday by donating cakes, buying cakes or coming into school. Every bit of support was hugely appreciated and enabled us to raise a fantastic **£758.64**. Thank you so much for your support!

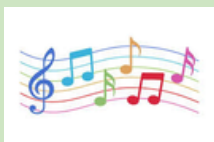
Our School Council are meeting this Thursday, and we look forward to hearing about some events that some have shared they would like to discuss with Miss Pearson.

Please make sure you check the calendar on the Wednesday Weekly for all upcoming events.

We will also shortly be sending out times for our Parents Consultation evening on Monday 13th October; we look forward to seeing you all then.

Mrs Claire Jones
Headteacher

STRING DAY 2025



FREE MUSIC WORKSHOP !

All our children have been invited to join a STRING Day at St Michael's this Sunday 5th October. Anyone can join, as there are sessions for all abilities ranging from never picked up an instrument before, right through to Grade 8 and above. We hope you can get involved. Just scan the QR code on the attached flyer for more information.

INDIVIDUAL SCHOOL PHOTO'S



Have you ordered your school Individual photos yet? A polite reminder that the closing date for free delivery back to school has been extended to **Tuesday 7th October 2025**. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk. If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

Attendance & Absence

We strongly encourage good attendance to support your child's learning and progress.

♦ If your child is unwell, please contact the school office by 9:00am on each day of absence.

☎ 01257 276688

✉ office@primrosehill-euxton.lancs.sch.uk

♦ Be specific:

It's important to give a clear reason – for example:

✓ "Tonsillitis" or "Sickness and temperature"

✗ Not just "unwell" or "poorly".

This helps us meet safeguarding and health requirements

Communicating with Us

If you need to get in touch, please email the school office in the first instance:

✉ office@primrosehill-euxton.lancs.sch.uk

Your message will be passed on to the relevant member of staff.

We aim to respond as soon as we can, but please allow up to 48 hours for a reply during term time.

For urgent matters during the school day, please phone the school office directly on: 01257 276688

If You're Concerned About Something...

We want to work in partnership with you.

If you're ever worried or unhappy about a situation, please follow this order of contact, via the school office:

- **Class Teacher** – your first point of contact
- **Phase Leader** – if further support is needed:
 - EYFS – Mr Danny Tooby
 - KS1 – Miss Claire Chamberlain
 - Years 3/4 – Mr Lloyd Davies
 - Years 5/6 – Miss Molly Burns
- **Assistant Headteacher** – Miss Amie Dobbs
- **Deputy Headteacher** – Mrs Emma Swinburn
- **Headteacher** – Mrs Claire Jones

We're here to help and will always do our best to resolve any concerns quickly and fairly.

Jewellery & Appearance

To keep everyone safe and focused on learning:

- ♦ **No jewellery** – including earrings (studs/spacers), rings, bracelets, necklaces, loom bands, or wristbands
- ♦ **No earrings or spacers** – these are a safety risk, especially during play and PE
- ♦ **No nail varnish or make-up** – children should come to school with natural nails and faces

Thank you for your support!

Tel: 01257 276688 (8:15am-3:45pm)

Email: office@primrosehill-euxton.lancs.sch.uk

Out of school Club, please contact Sarah Collison 07548 944202 or s.collison@primrosehill-euxton.lancs.sch.uk



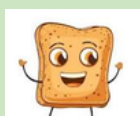
AUTUMN/WINTER TERM SCHOOL DINNER CHOICES



ParentMail communication has been sent out to all parents/carers to choose with their child/ren their school dinner menu choices for the Autumn/Winter term. **Choices will need to be completed by 12 noon Monday 6th October 2025.** Any choices not completed by this deadline will be given to the class teacher to complete with your child in class and your child will stay on the same lunch option for the term.

Please inform the office of **ANY** changes to your child's current lunch arrangements, ie: if your child would like to change from school dinners to packed lunches or vice versa or if they would like the Friday Favourite option (payment is required in advance for this lunch option). **Changes will only come into effect from the next half term.**

TOAST AND FRIDAY FAVOURITES



TOAST

If you missed the payment for toast for the full autumn term and you wish your child to have toast after the October half term, the total cost will be £8.90. Please inform the office who will allocate a payment item for you to pay.



FRIDAY FAVOURITES

If you would like your child to enjoy a Friday Favourite hot dinner after October half term, please inform the office who will allocate a payment item for you to pay. The cost will be £20.65 for 7 weeks, starting from Friday 7th November until Friday 19th December. Please note: Children already receiving a Friday Favourite this term, will continue to do so up until 19th December, as payment for the full term has already been made.

The deadline for all of the above is 12 noon Monday 6th October 2025.

CAR PARK POLICY UPDATE

We will shortly be sending out a revised Car Park Policy. Recently, we have noticed an increase in parents and carers accessing the car park and using the disabled bays. These spaces are reserved for families who have a child with a disability and/or a valid Blue Badge for their child.

Thank you for your support and understanding in helping us to keep the car park safe and accessible for everyone.

REMINDER TO PARENTS-MORNING DROP OFF

We kindly ask that parents do not enter the classroom in the morning. The door is left open until the registers close to help with a smooth drop-off, but it's important that we maintain a calm and focused start for the children.

Popping into the classroom can cause delays and distractions, so we appreciate your support in helping us start the day on time and without interruptions. Thank you for your understanding.

BOOK FAIR

We will be holding our annual book fair from Wednesday 8th October – Tuesday 14th October. The fair will operate in the lower hall from 3:15– 3:45pm.



Tel: 01257 276688 (8:15am-3:45pm)

Email: office@primrosehill-euxton.lancs.sch.uk

Out of school Club, please contact Sarah Collison 07548 944202 or s.collison@primrosehill-euxton.lancs.sch.uk



SCHOOL STAFF WELFARE TEAM VACANCY

A vacancy has arisen on the staff welfare team for 7.5 hours a week. We are looking for somebody who wishes to make pupils' lunchtime experience as positive as possible and is available to work for one and a half hours daily. The position will be paid at £12.60 per hour. All successful candidates will be required to undertake an enhanced DBS check.

Should you be interested in this position, please contact the school office, bursar@primrosehill-euxton.lancs.sch.uk for an application form.

SLAPPED CHEEK SYNDROME (FIFTH DISEASE)

Slapped Cheek Syndrome (Fifth Disease)

Slapped cheek syndrome is a common viral infection that mainly affects children. It usually causes a distinctive bright red rash on the cheeks, giving it its name. It is generally mild but can be more serious for certain groups, such as pregnant women or people with weakened immune systems.

Symptoms:

Early symptoms:

- Mild fever
- Runny nose, sore throat
- Headache
- Feeling tired or unwell
-

Later symptoms:

- Bright red rash on the cheeks ("slapped cheek" appearance)
- Pink, lace-like rash on the body, arms, and legs (may come and go for weeks, especially after exercise or heat)

What to do:

- Children usually do not need to see a GP unless symptoms are severe or you are worried.
- Keep your child at home if they are unwell.
- Encourage rest, fluids, and paracetamol/ibuprofen (as directed) to relieve discomfort.
- If you are pregnant or have a weakened immune system and may have been exposed, contact your GP or midwife.

Prevention:

- Good handwashing and hygiene can help reduce the spread.
- There is currently no vaccine for slapped cheek syndrome.

xxxx

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Email: office@primrosehill-euxton.lancs.sch.uk

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Pupil Achievements and Celebrations

Super Pupils

YEAR 6

Everest - Martha C
K2 - Adam J

EYFS

Beech - Aidan K
Oak - Keira P

YEAR 5

Mont Blanc - Pippa C
Olympus - Matthew H

YEAR 1

Ash - Louie T
Cedar - Isla H

YEAR 4

Ben Nevis - Aaron B
Snowdon - Trip

YEAR 2

Maple - Austin A
Elm - Isabel M

YEAR 3

Pendle - Coby W
Rivington - Ava-Rose R

House Point Winners

KS1
Red

KS2
Green

Birthday Books

Thank you to the following pupils for donating their favourite books to celebrate their birthdays this term:

Seb S in Cedar - 'The Dinosaur that pooped a Zoo'
James R in Maple - 'Piece of Cake'

Reminders And To Do



We are a nut free school. Please do not bring any snacks into school which contain nuts, including Nutella products.

OVERDUE

Boreatton Park - 2nd payment overdue

OVERDUE

Year 6 Leyland Trucks - payment due 5th November 2025

OVERDUE

Year 6 Liverpool World Museum - payment due 5th November 2025

TEMPEST
PHOTOGRAPHY

Tempest Photos - Cut off Tuesday 7th October 2025 for free delivery to school

PAYMENT DUE

Year 6 The Lion, The Witch and the Wardrobe - payment due 28th November 2025



£1 in a box is now live on Parent Pay. Cut off is Monday 8th December 2025.

SIGNIFICANT CHANGES TO PENALTY NOTICE CHARGES

The DfE have recently announced national charges to penalty notices issues for unauthorised absences in term time, these came into effect on the 19th August 2024.

- Penalty notices issued for the offence after the 19th of August 2024 will be charged at the new rate of £160.00 however if paid in 21-days this reduces to £80.00.
- Any second penalty notice to the same parent for the same child in a rolling 3-year period will be issued at the rate of £160.00 to be paid within 28-days with no option for a discount.
- Penalty notice threshold is 10-sessions equivalent to 5-days of unauthorised absence in a rolling 10-school week period.
- Maximum of 2-penalty notices may be issued for the same child within a rolling 3-years period, so at the 3rd or subsequent offence another course of action will need to be considered such as prosecution or one of the other attendance legal interventions.

Dates for the Diary 2025-2026



October 2025

2nd Harvest Special Lunch
 3rd Y3 Harvest Assembly
 7th Travelling Science Show *
 8-14th Annual Book Fair *
 10th World Mental Health Day - Wear Something Yellow
 13th Parent Consultation Evening
 14th Open Day @ 9.15am - EYFS 2026
 14th 12pm Chorley Inspire Y5
 21st PTA Discos 5.30pm KS1/6.45pm KS2
 21st Flu Immunisations
 23rd European Day of Languages
 24th INSET DAY
 27-31st AUTUMN HALF TERM HOLIDAY

November 2025

3rd Return to School for Autumn Term 2
 4th PTA Meeting @ 5.30pm
 14th Y6 Everest Leyland Trucks
 19th Open Day @ 1.45pm - EYFS 2026
 19th Y6 Liverpool Museum Trip
 21st Y6 K2 Leyland Trucks

December 2025

5th PTA Event - Santa Dash!
 8th Y2 Christmas performance - 2pm performance for parents
 9th EYFS Nativity
 10th EYFS/KS1 Panto in Lower Hall (am)
 11th PTA Christmas Fair
 12th ROCK KIDS!
 15th Y1 Christmas performance - 2pm performance for parents
 15th Y3/Y4/Y5 10.15am Panto Trip - Oh Yes It Is! - A Christmas Carol
 16th COMMUNITY EVENT - Y2 Grandparents' Christmas Afternoon
 18th Y6 Panto Trip @ 2pm Performance - The Lion, Witch & Wardrobe
 19th Final day of Autumn Term - MERRY CHRISTMAS!

January 2026

5th Spring Term Begins
 8th Open Day @ 9.15am - EYFS 2026

February 2026

10th Safer Internet Day
 12th PTA Love Bug Ball 5.30pm KS1/6.45pm KS2
 13th Final day of Spring Term 1
 16-20th SPRING HALF TERM HOLIDAY

March 2026

16th Parent Consultation Evening
 26th PTA Bunnies Bingo!
 26th Y3 Deva Roman Museum Trip
 27th Final day of Spring Term - HAPPY EASTER!

April 2026

13th Summer Term Begins
 16th Y4 Ben Nevis Cuerden Valley Trip
 17th Y4 Snowdon Cuerden Valley Trip

May 2026

3rd May Bank Holiday
 21st PTA May Fair
 22nd Final day of Summer Term
 25-29th SUMMER HALF TERM HOLIDAY

June 2026

1st INSET DAY
 2nd INSET DAY
 15-17th Y5 Hothersall Lodge Residential
 23rd Y1 Bring Yer Wellies *
 24th Y1 Bring Yer Wellies *
 26-29th Y6 Boreatton Park Residential

July 2026

9th Y2 Bees Visit in school
 17th Final day of Summer Term - HAPPY HOLIDAYS!

Secondary School Open Days

St Michael's High	Thursday 11 th September 5:30pm – 8pm
Southlands	Thursday 18 th September 4pm-7pm
Wellfield Academy	Thursday 18 th September 4:30pm-7:30pm
Leyland St Mary's	Wednesday 24 th September 5pm – 8pm
Albany Academy	Thursday 25 th September 5pm
Worden Academy	Thursday 25 th September 4pm-7pm
Balshaw's High	Thursday 2 nd October 5.30pm – 8.30pm
Parklands	Thursday 2 nd October 5pm – 7pm
Holy Cross	Thursday 16 th October 4:30pm – 7pm

*New date added

**Information or date amended

Dates for the Diary 2025-2026



Primrose Hill Clubs 2025 – 2026

Autumn w/c 29th Sept 2025 - w/c 10th Nov 2025
Spring w/c 26th Jan 2026 - w/c 9th March 2026
Summer w/c 5th May 2026 - w/c 22nd June 2026

Name of Club	Run by	Day	Finish	Collect From
Yoga Y1	Miss Blackwell	Tuesday	3:45pm	Ash
Crafty Club Y1&2	Mrs Hacking / Mrs Jotieko	Tuesday	4pm	Office
Story Art Y2&3	Mrs Kanski	Tuesday	4pm	Pendle
Board Games Club Y5&6	Mrs Chapmen	Tuesday	4pm	Snowdon
Art Club Y4,5,6	Mrs Bullock	Tuesday	4pm	Snowdon
Singing & Signing Y1&2	Miss Pearson	Tuesday	3:45pm	Elm
Book Club Y6	Mrs Brockie	Tuesday	4pm	Everest
Games Club Y3&4	Miss Dobbs	Wednesday	4pm	Pendle
STEM Club Y3&4	Mrs Cunningham	Wednesday	4pm	Office
Choir Y5&6	Mrs Swinburn / Miss Burns	Every Wednesday	4pm	K2
Eco club (Y2-Y6)	Miss McKinley / Mrs Rigby	Thursday	4:30pm	Office

Sports Clubs Autumn Term 1

Name of Club	Run by	Day	Finish	Dates
Sports Hall Athletics	Mrs Clements / Miss Dickinson	Monday	4:15pm	w/c 15/09/25 – w/c 20/10/25
Multi Skills KS1	CSSP	Wednesday	4:15pm	w/c 10/09/25 – w/c 22/10/25
Girls Football Tournament	TBC	Wednesday	4:30pm	w/c 15/09/25 – w/c 20/10/25
Boys Football Tournament	TBC	Thursday	4:30pm	w/c 15/09/25 – w/c 20/10/25
Dodgeball Y5&6	Mr Davies	Thursday	4:10pm	w/c 29th Sept 2025 - w/c 10th Nov 2025
Dance	Mrs Walsh	Thursday	TBC	w/c 9th Oct 2025 - TBC
Sports Council	TBC	Friday	4:30pm	w/c 08/09/25 – w/c 20/10/25



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PRIMROSE HILL**
Primary School
"Together we will make a difference."

OPEN DAYS

Monday 22nd September 2025

Morning - 9:15am - 10:15am



Tuesday 14th October 2025

Morning - 9:15am - 10:15am



Wednesday 19th November 2025

Afternoon - 1:45pm - 2:45pm



Thursday 8th January 2026

Morning - 9:15am - 10:15am

**To book a place please call: 01257 276688
or scan the QR code**



"Pupils flourish at this warm and welcoming school."
"Pupils' behaviour across the school is exemplary. Pupils are polite, caring and thoughtful."
"The school is highly ambitious for all pupils, including those with special educational needs and/or disabilities (SEND)."
Ofsted - July 2024

What Parents & Educators Need to Know about YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

UNDERSTANDING YOUTH VIOLENCE

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY

CONFLICT

FEAR

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

HELP CHILDREN UNDERSTAND CONSEQUENCES

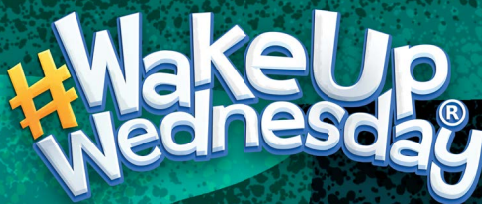
Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/youth-violence>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.09.2025



EUXTON PRIMROSE HILL

Primary School

"Together we will make a difference."

OPEN DAYS

Monday 22nd September 2025

Morning - 9:15am - 10:15am



Tuesday 14th October 2025

Morning - 9:15am - 10:15am



Wednesday 19th November 2025

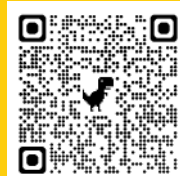
Afternoon - 1:45pm - 2:45pm



Thursday 8th January 2026

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Outstanding
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Ofsted - July 2024



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Primrose Buds

Free play and stay sessions for children aged 4 and under

Friday 19th September 2025



Friday 10th October 2025

Bring your wellies and waterproofs as we head out to our Forest School for this session

Friday 14th November 2025

Friday 5th December 2025

Join us for our whole school Santa Dash

9am - 10.15am in the upper hall

Ofsted
Outstanding
Provider

**To book please call: 01257 276688
or scan the QR code**



PRIMROSE HALLOWEEN DISCO

£5
PER TICKET

INCLUDES ENTRY
TO THE DISCO,
HOT DOG AND
A TREAT!

21ST OCTOBER

★
KS1 - 5.30-6:30PM

KS2 - 6.45-7:45PM



Euxton Primrose Hill
Parent Teacher Association

NO CASH REQUIRED ON THE NIGHT
VEGGIE HOT DOG ALSO AVAILABLE

Parent SOCIAL

Help power the PTA
Every hand helps build big things
for our school community!



Thursday 2nd October
The Mill at Charnock Farm
7.30 onwards

LET US KNOW YOU'RE
JOINING US!
scan the QR code to
confirm



Keep up with the PTA on Facebook here:
@Euxton Primrose Hill PTA

Lancashire **SEND** Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.





Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1 pm	Pendle and Burnley 1882 Lounge Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribblesdale Family Hub

Please scan the following QR codes
for more information:



Local Offer



Family Hubs



Supporting a Child with ADHD



Challenge the stereotypes and get practical help

Monday 13th October 10-11:30am

Tuesday 11th November 7-8:30pm

90 minute session. Recording available for 48hrs

£24.

Available to book now
facefamilyadvice.co.uk





DECIDER LIFE SKILLS FOR PARENTS

ABOUT THIS EVENT....

JOIN US FOR AN EXCITING ONLINE EVENT DESIGNED EXCLUSIVELY FOR PARENTS! THE DECIDER LIFE SKILLS FOR PARENTS WORKSHOP AIMS TO EQUIP YOU WITH ESSENTIAL SKILLS TO SUPPORT CHILDREN AND YOUNG PEOPLE RECOGNISE THEIR OWN THOUGHTS, FEELINGS AND BEHAVIOURS, ENABLING THEM TO MONITOR AND MANAGE THEIR OWN EMOTIONS AND MENTAL HEALTH.

THIS EVENT WILL BE A PACKED INTERACTIVE SESSION LED BY EXPERIENCED PRIMARY MENTAL HEALTH PRACTITIONERS WITH AN OPPORTUNITY TO CONNECT WITH OTHER PARENTS, SHARE EXPERIENCES, AND ASK QUESTIONS. YOU WILL LEARN ABOUT 'THE FIZZ', HOW THE BODY RESPONDS TO WORRY AND STRESS, AND HOW TO INCORPORATE AND IMPLEMENT EACH OF THE 12 DECIDER LIFE SKILLS INTO EVERYDAY LIFE. RESERVE YOUR SPOT NOW FOR THE DECIDER LIFE SKILLS EVENT AND EMBARK ON A TRANSFORMATIVE JOURNEY TOWARDS INCREASED MINDFULNESS, LESS STRESS AND MORE EFFECTIVE COMMUNICATION FOR YOU AND YOUR FAMILY.



● ALL SESSIONS TAKE PLACE ON
MS TEAMS ON THE FOLLOWING
TUESDAYS FROM 4-5PM ●

- 15 APR 2025
- 27 MAY 2025
- 8 JUL 2025
- 19 AUG 2025
- 30 SEPT 2025
- 11 NOV 2025



PLEASE SCAN FOR
MORE INFORMATION



BARNARDOS

TO BOOK A PLACE PLEASE SEND YOUR
PREFERRED DATE, NAME AND EMAIL
ADDRESS TO THE INBOX BELOW

pmhw.mytime@barnardos.org.uk