

NHS-in-School Education Wellbeing Service

We work in your child's school to provide friendly and accessible wellbeing support, advice and programs to promote child wellbeing

What do we offer?

Local Primary Parent Webinars

Free NHS evening and lunchtime webinars for parents on a number of wellbeing related topics throughout the year.

99% of parents recommended the webinars last year.
Sign up using the QR code



1:1 Programs for Parents

Early and preventative evidence-based wellbeing programs lasting 6-8 weeks to help your child's:

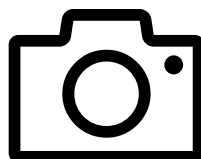
- Common anxieties and worries or
- Tricky or challenging behavior

For more information, apply here or speak to your school's mental health lead for a paper form



Recorded Workshops, Groups and Workshops

We also offer workshops and groups for children and parents in school. See our youtube channel for more resources and recorded workshops:



**Picture this
poster**



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Feedback from Parents

*At first when recommended to do a parenting course, it could feel a bit like we aren't doing a good job, however **I think every parent could benefit from the skills it teaches you**, down to the simple things like special play to **reconnect with your child.**"*

Parent 1:1 Feedback 2022-23

*"I wasn't as aware of what he was going through and the anxiety he was feeling, the sessions **opened my mind** and helped me to slow down and break down his behaviours. It **helped me change my response towards him.**"*

Parent 1:1 Feedback 2022-23

*"The care I received was fantastic. **I felt supported and heard** and I couldn't fault it. I would **highly recommend this service** to anyone."*

Parent 1:1 Feedback 2022-23

*"Clear language and supportive advice, **reassuring to see so many families with similar concerns**"*

Parent Webinar Feedback 2022-23

94% of Parents found their child's difficulties improved, **85%** of parents made reliable progress on their chosen goals during 2022-23

