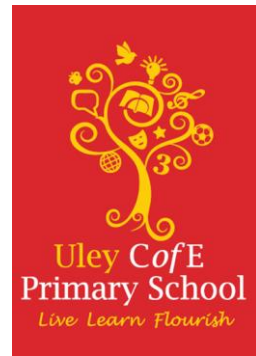


FAMILY SUPPORT NEWSLETTER

Hi, my name is Lisa Hills and I am the Family Support Worker at Uley C of E Primary School and I am in school on Monday's between 9.30am and 2.30pm. If you would like to make an appointment with me, please contact the school office.

I have included information of a series of online sessions run by Teens in Crisis, aimed at children from 9 years of age, supporting managing thoughts and feelings which may be useful for some children.



InTER-ACT

Do you want to learn new ways of managing difficult thoughts and feelings?

What is InTER-ACT

It's a series of 3 x hour long, live online sessions to help you learn new ways of managing difficult thoughts and feelings, so that you can do more of what matters to you.

Who is it for?

Any young person aged 9-25 is welcome to join providing you live in or attend school/college or are registered with a GP in Gloucestershire.

Will anyone see or hear me?

All participants cameras and microphones are turned off so no one will ever see or hear you.

What happens in the sessions?

TIC+ presenters use slides and videos during the sessions. You will have the chance to take part in anonymous polls and quizzes and try out some useful skills and tips. Or you can just watch if you prefer.

When do the sessions take place?

There are three, weekly live online sessions streaming every Tuesday evening. Each session lasts one hour.
Early Bird at 6pm
Night Owl at 7:30pm

How do I book?

Register for your FREE place on our website. You will need an email address to register (can be a parent/carer's).

If you don't have access to an email CONTACT US for help!

tic+
Counselling, Support and Care for Young People and Families
www.ticplus.org.uk @tic.plus

February half-term HAF project

If your child receives free school meals and you have not yet signed up for Gloucestershire's HAF program, which insures children on Free school meals during the holidays, please follow this link for more information and to sign up.

If your child does not qualify for free school meals and you feel you need extra support, especially during the holidays, please contact the school office, to arrange a chat with me.

Food Bank Vouchers

If you are struggling with finance's and feel that you need a food bank voucher to support you, please email the school office, as I will be able to refer to Stroud foodbank.

You do not need to wait until a Monday to do this, as I can complete referrals at any time.