St Mary's CE Primary School

'Trust in the Lord and Flourish' (Proverbs 11:28)

Shaw Lane, Albrighton, Wolverhampton, WV7 3DS

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Headteacher: Mrs Nathalie Milhavy-Jones *BA(Hons), PGCE, NPQH, NASENCO, SLE*

06 December 2023

Dear Parents,

BEAM is an emotional health and wellbeing drop-in service for young people under 25 years of age who are registered with a GP in Shropshire, Telford or Wrekin. They have a team of experienced wellbeing practitioners and volunteers who will listen to whatever is troubling young people/children. A link to their web page where you can find out more is: https://www.childrenssociety.org.uk/information/young-people/well-being/services/beam-shropshire-telford-wrekin

Each term they run different workshops that are for parents and professionals that address different health and wellbeing issues. In the Spring term BEAM are offering the following workshops:

Each of the workshops will be rolled out at 12pm to enable more people to attend, please see the following details of content:-

- **Managing Anxiety** – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experience issues with anxiety.

  Wednesday 3/1/24 @12pm

Microsoft Teams meeting

Join on your computer, mobile app or room device

Click here to join the meeting

Meeting ID: 315 126 036 412

Passcode: RARvzJ

Download Teams | Join on the web

Learn More | Meeting options

Wednesday 7/2/24 @12pm

Microsoft Teams meeting

Join on your computer, mobile app or room device

Click here to join the meeting

Meeting ID: 345 705 527 892

Passcode: Luf6ey

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Learn More | Meeting options

- **Understanding & Responding to Self-Harm** - aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experiencing issues with self-harm.

  Wednesday 17/1/24 @12pm

  ## Microsoft Teams meeting

  Join on your computer, mobile app or room device

  Click here to join the meeting

  Meeting ID: 327 883 397 101

  Passcode: sRKDfe

  Download Teams | Join on the web

  Learn More | Meeting options

  Wednesday 21/2/24 @12pm

  ## Microsoft Teams meeting

  Join on your computer, mobile app or room device

  Click here to join the meeting

  Meeting ID: 397 629 104 445

  Passcode: Emarof

  Download Teams | Join on the web

  Learn More | Meeting options

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MUSIC MARK SCHOOL MEMBER
ADVOCATE SCHOOL
THE CHURCH OF ENGLAND OUTSTANDING

- **Wellbeing Planning** – a workshop which explains & provides a tool for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, his can also be used as a relapse tool to support resilience.

  Wednesday 24/1/24 @12pm

  Microsoft Teams meeting

  Join on your computer, mobile app or room device

  Click here to join the meeting

  Meeting ID: 395 615 207 962

  Passcode: tJaAQH

  Download Teams | Join on the web

  Learn More | Meeting options

  Wednesday 28/2/24 @12pm

  Microsoft Teams meeting

  Join on your computer, mobile app or room device

  Click here to join the meeting

  Meeting ID: 346 494 806 897

  Passcode: usCKJZ

  Download Teams | Join on the web

  Learn More | Meeting options

- **Sleep Support** - aims to pass over psycho - education within the topic followed by practical suggestions & advise of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying asleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

  Wednesday 10/1/24 @12pm

  Microsoft Teams meeting

  Join on your computer, mobile app or room device

  Click here to join the meeting

  Meeting ID: 344 239 103 595

  Passcode: VJRsvz

  Download Teams | Join on the web

  Learn More | Meeting options

Wednesday 14/2/24 @12pm

Microsoft Teams meeting

Join on your computer, mobile app or room device

Click here to join the meeting

Meeting ID: 383 113 797 067

Passcode: qy6LUc

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- **Grief & Loss support**- This workshop aims to support parents and professionals to better understand some emotions that young people may struggle with having gone through a loss. We will equip you with a knowledge and understanding of the feelings and emotions that they may be battling with, and support that could help them feel better.

Wednesday 31/1/24 @12pm

Microsoft Teams meeting

Join on your computer, mobile app or room device

Click here to join the meeting

Meeting ID: 377 607 448 578

Passcode: 9jbjew

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You need to click on Link at the appropriate time of chosen Workshop. All workshops will be done via M S Teams Video call, they are unable to record sessions. The Workshops are derived to be informative and engaging sessions, so please be willing to participate during the sessions.

Kind Regards

Miss Jenkinson
SENDCO