

**Happy Mind, Healthy Me!**

**Summer Term Programme of Events 2022**

**Oxhey First School are delighted to launch its Summer Term Programme of events for Happy Mind, Healthy Me! All sessions are designed for family participation and currently are free of charge (charges may be applicable for future sessions). Please contact Mrs Holt if you require any further details.**

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| **Event** | **Date & time** | **Led by** | **Booking info** |
| **Trailblazers, Mental Health and Well-being Parent/Carer Drop-in Sessions** | **Thursdays 9:30am - 12:00pm** | **Trailblazers**  **Kathryn Howden**  Education Mental Health Worker | **Appointments may be made through Mrs Holt**  [**eholt@oxhey.staffs.sch.uk**](mailto:eholt@oxhey.staffs.sch.uk)  **Drop-in on the day may be available** |
| **‘Grief out Loud’ Support Sessions**  Family/child bereavement support sessions | **Monday 27th June 10am- 2pm**  **Monday 4th July 10am- 2pm**  **Monday 11th July 10am- 2pm** | **Natalie Sherratt**  Dove Buddie Co-ordinator  The Dove Service | **Appointments may be made through Mrs Holt**  [**eholt@oxhey.staffs.sch.uk**](mailto:eholt@oxhey.staffs.sch.uk)  **Drop-in on the day may also be available** |
| **Tropic Family Hand-massage and Relaxation Workshop**  **NB all children must be accompanied by an adult for this session** | **Monday 9th May**  **3:30-4:15pm** | **Caroline Anthony**  Tropic Ambassador | **Complete and return booking and consent form to confirm a place or contact Mrs Holt:**  [**eholt@oxhey.staffs.sch.uk**](mailto:eholt@oxhey.staffs.sch.uk) |
| **Mindful Movers Family Yoga sessions**  **NB all children must be accompanied by an adult for this session** | **Wednesday 11th May - Free taster session 4:30 -5:30pm**  Mindful Movers will continue on a weekly basis thereafter at a **cost of £3 per child and £5 per adult.** All participants are required to bring their own yoga mat, a blanket and don’t forget a water bottle! | **Sarah Adams**  Qualified Yoga Instructor | **To book on to the taster session, please email Mrs Holt**  [**eholt@oxhey.staffs.sch.uk**](mailto:eholt@oxhey.staffs.sch.uk)  **Please indicate each participants name and the age of each child attending on the email** |