



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.

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 Drop-in on the day may be available
'Grief out Loud' Support Sessions Family/child bereavement support sessions	Monday 27 th June 10am- 2pm Monday 4 th July 10am- 2pm Monday 11 th July 10am- 2pm	Natalie Sherratt Dove Buddie Co-ordinator The Dove Service	Appointments may be made through Mrs Holt 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 9 th 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
Mindful Movers Family Yoga sessions NB all children must be accompanied by an adult for this session	Wednesday 11 th 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 Please indicate each participants name and the age of each child attending on the email