

**Happy Mind, Healthy Me!**

**Summer Term 2 Programme of Events 2022**

**Oxhey First School are delighted to roll out its Summer Term 2 Programme of events for Happy Mind, Healthy Me! All sessions are designed for family participation. 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**  **Free of charge** | **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**  **Free of charge** | **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** |
| **Signal Radio – Creation Station**  A workshop linked to the influence of music, communication and creativity on promoting well-being.  **NB all children must be accompanied by an adult for this session** | **Monday 13th June**  **3:30-4:15pm**  **Free of charge** | **Charlie Marlow**  Signal Radio | **To book onto the session, please email 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** | **Weekly sessions**  **Commencing Friday 17th June**  **3:45 – 4:45pm**  **£3 per child and £5 per adult.**  All participants are required to bring their own yoga mat, if possible 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 participant’s name and the age of each child attending on the email** |