



**Together we love; together we learn**

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## **Calm Connections, Tea & Talk**



TEA & TALK

at Barford St. Peter's



A supportive space, where everyone is welcome, for our families who are supporting SEND and Mental Health needs

Dear families,

Last term, Mrs Bunn (our Mental Health Lead) and I launched Barford's first ever support group for parents/families of children with SEND (Special Educational Needs and Disabilities - this includes mental health). For those families who are new to our school, it is called 'Calm Connections.' It is an event to enable adults who have children with SEND needs to share and make connections with others. Your child does not need to have a diagnosis or even be on the SEND register for you to attend. Everyone is welcome and, if you feel you would benefit from a space to connect with other parents, then please do come along.

You will be greeted with a hot cup of tea or coffee (most definitely some biscuits too!) and friendly, welcoming faces. It is a place where many people connect based on similar experiences and feel supported by others in a relaxed, safe environment. You can decompress, offload, share, listen or just have a quiet hour to yourself with a nice piece of cake.

The feedback from parents after the first few sessions was tremendously positive and, due to popular demand, we have now got a date for our next session.

**The next Calm Connections, Tea & Talk event will be on Friday 18th October 2024, 8.45-10am, in Barford Bright Stars.**

If you have any questions, please do not hesitate to contact me and I really look forward to welcoming some of you there.

Very best wishes

Mrs Lucy Rose

Deputy Head Teacher & SENDCO