

24 January 2024

Dear Parents and Carers

I hope that you enjoyed the Christmas break and that the start of the School Spring Term has been smooth.

I have asked your child/children's school, to kindly share with you details of our upcoming Mental Health and Wellbeing Parent Carer Workshops and our delivery schedule, for this half term. The workshops are free to attend, and we welcome families/carers in Cheshire East or families/carers of children who attend a school in Cheshire East. Details of the workshops and how to book them can be found in the information attached. Should you be unable to attend a workshop of interest due to the date or timings, please contact us via [FamiliesandCommunitiesTeam@Visyon.org.uk](mailto:FamiliesandCommunitiesTeam@Visyon.org.uk).

We also provide Family Wellbeing support for parents and carers, which is tailored support and guidance for families, at an early stage, when it is needed most. This support can be accessed via a Visyon Parent Open Access Appointment (details can be found in the attached information), which can be booked directly by yourselves via our Initial Contact Team on 01260 290 000.

Thank you once again for taking the time to read my letter and the attached information, I appreciate, that as a parent time can be in short supply. I wish you and your family a productive half-term and if you require any further information or have any questions, please do not hesitate to contact me at [louise.marsh@visyon.org.uk](mailto:louise.marsh@visyon.org.uk)

Thank you.

*Louise*

**Louise Marsh | She/Her**

**Wellbeing, Families and Communities Manager**

07498 619 481 | Working Days: Monday – Thursday

Visit [www.visyon.org.uk](http://www.visyon.org.uk), or call 01260 290000, to learn more about how our charity supports children, young people and their families with mental health & emotional wellbeing across Cheshire East.