

Curious
Responsible



Active
Respect



Creative
Brave



Lower Park School

Lower Park News 18th October 2024

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Winning House

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The winning house this week is Green House who may wear their own clothes to school on Monday.

Commendation Awards

Due to Rock Kidz today Commendation Awards will be held over until next Friday.

Reception

The reception children are still working so hard in their daily phonics sessions and have now practised most of the single letter sounds. We even managed to practise 'z' today, in amongst an array of crazy hair, sequins, electric guitars and leather jackets! The children also enjoyed taking part in the Rock Kidz workshop in the hall this afternoon which was a real treat. Another exciting week at Lower Park and lots of memories made!







KS1

This week, the children have enjoyed RE lessons where they have recapped all of their learning about Jesus teaching kindness when looking at the Bible stories, 'The Good Samaritan' and 'The Paralyse Man'. They answered the question, 'Is it easy to be kind all of the time?' and wrote down their ideas. At the end of the week, it was lovely to see the children enjoying their Rock Kidz Anti Bullying workshop. Take a look at all the fun we had!



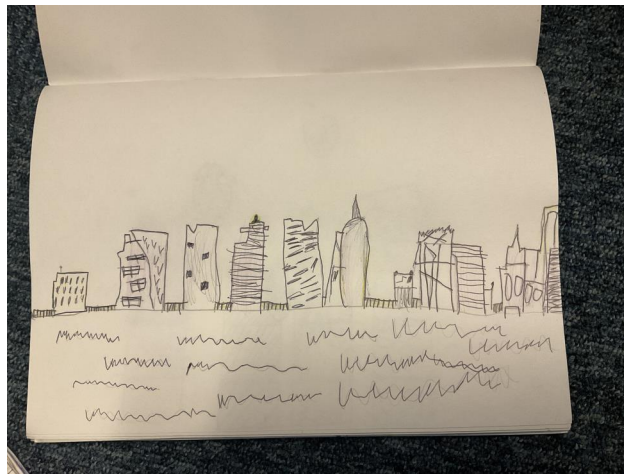
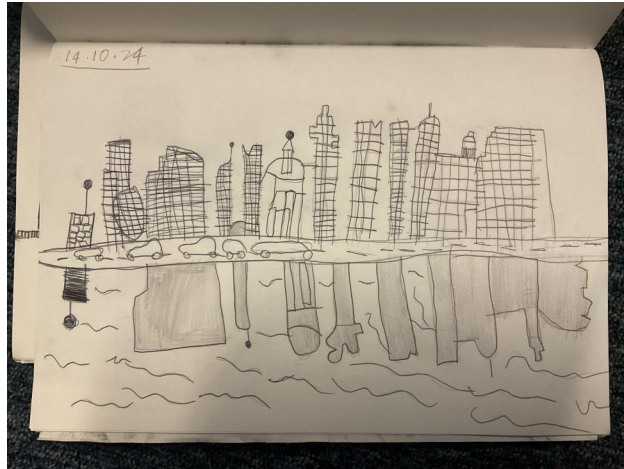


LKS2

This week in Art, we have learnt about a British artist called Stephen Wiltshire. He is an artist who has a photographic memory and can draw cityscapes from memory in incredible detail. The children had a go at memorising a city then drawing sketching it as best as they could. After, they drew a cityscape using Wiltshire's style.

Year 4 had their first forest school session this week and had a great time building dens, learning about forest animals and being creative.





UKS2

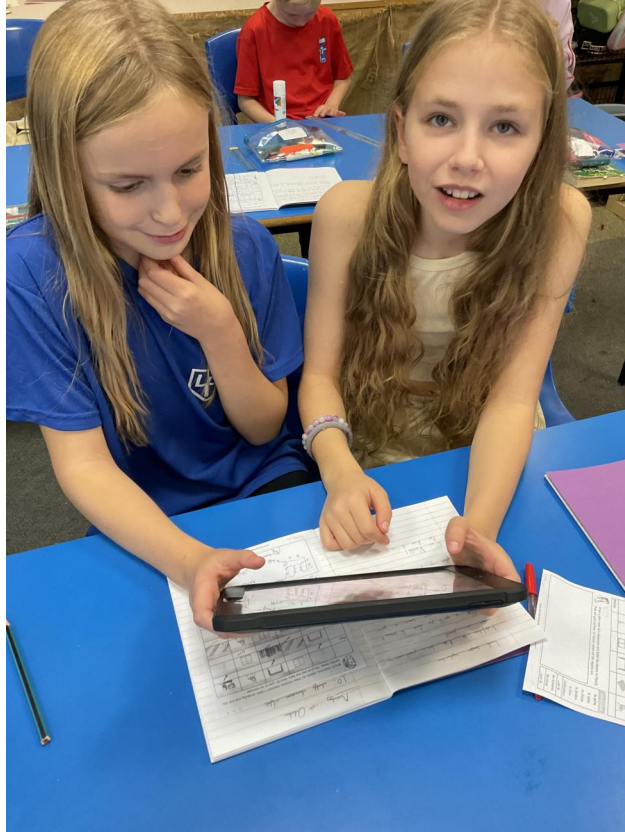
Bonjour!

This week, UKS2 have been busy expanding their French vocabulary by learning the names of various items found in the classroom. We have engaged in fun and interactive activities to strengthen our listening skills and have been working in pairs to practice asking and answering questions. These exercises are helping us to become more confident communicators and wonderful active listeners.

UKS2 have really enjoyed putting themselves to the test on Blooket.

You can give it a try here: <https://play.blooket.com/play?hwld=670d7c8dc31e834c0f2eb511>

Bonne chance!



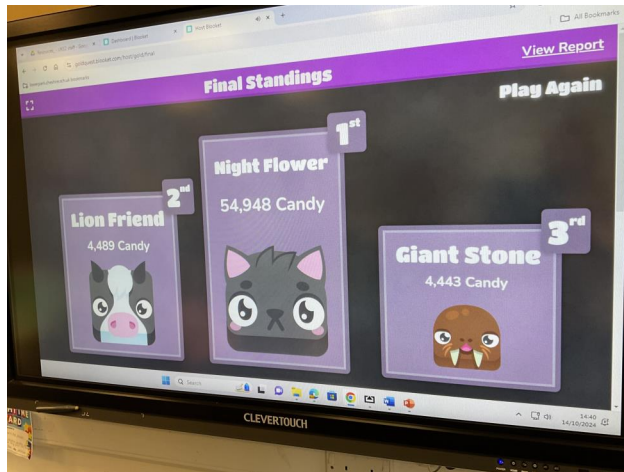
Lundi 14 Octobre 2024
 L.O: Identify classroom objects

Which classroom objects do these children mention? Listen carefully and tick the correct boxes. The first one has been done for you as an example.

	la porte	la table	la chaise	la fenêtre	le livre	l'ordinateur
Max	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Céline	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Henri	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Amina	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Draw a plan view of a classroom and label the objects in French. Then tell your partner in French where all the objects are.

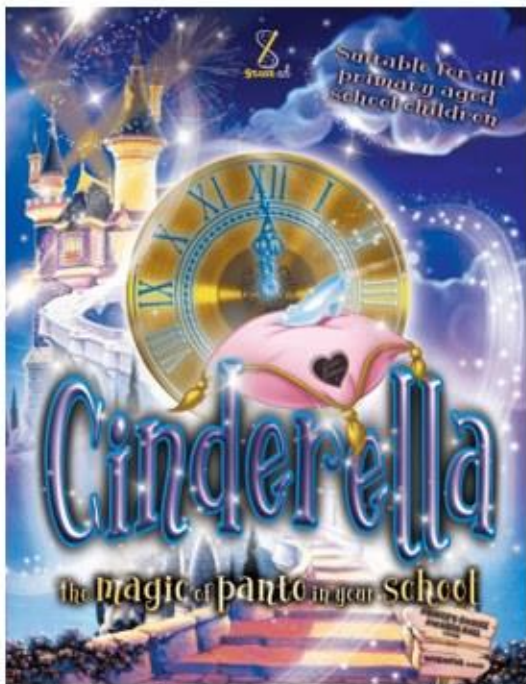
la porte
 la table
 la chaise
 la fenêtre
 le livre
 l'ordinateur
 ...est là
 les lumières
 les livres
 ...sont là



Rock Kidz Shout Out

A big shout out to our PTA for funding the fantastic Rock Kidz antibullying event today!

Cinderella to visit EYFS & KS1



Key Stage One Travelling Panto....

We are really looking forward to Cinderella visiting the children in Key Stage One on Monday 9th December 2024 (let's hope she remembers both of her shoes).

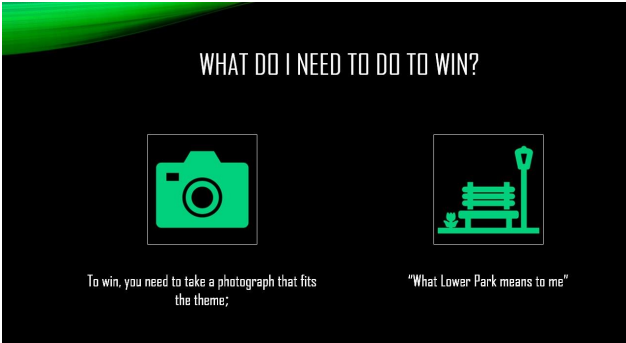
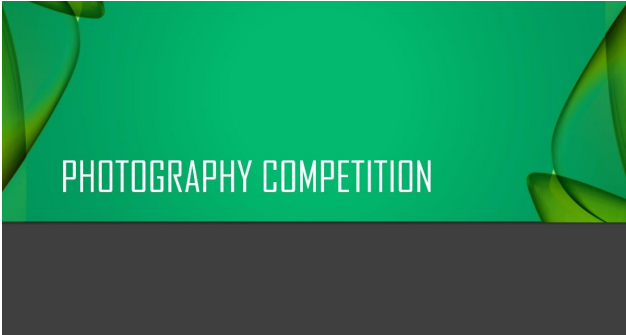
We are asking parents to make a contribution of £5.80 towards the travelling pantomime and this can now be paid via School Money. If you have any queries regarding the payment, please contact the main school office.

We can feel the festive season approaching!

Parking on Hazelbadge Road

Please may we remind all parents and carers to be considerate of our neighbours when parking on Hazelbadge Road. Please don't block driveways however short a time you think you will be . Thank you for your support.

Photography Competition





TO MAKE YOUR PICTURE STAND OUT, YOU NEED TO THINK ABOUT DIFFERENT SKILLS.
This could be... camera angles

TO MAKE YOUR PICTURE STAND OUT, YOU NEED TO THINK ABOUT DIFFERENT SKILLS.
This could be... camera angles

TO MAKE YOUR PICTURE STAND OUT, YOU NEED TO THINK ABOUT DIFFERENT SKILLS.
This could be... editing and filters

Please email any entries FAO Miss Cork to admin@lowerpark.cheshire.sch.uk by 3rd November.

Good luck!

PTA

Social

There was a great turn out last night for the PTA social, thanks to all who came it was great see lots of new faces.

Halloween clothes sale

We raised £28 from the clothes sale yesterday and saved some synthetics from landfill! Just in case you didn't get a chance to have a look yesterday, we've left the rail of clothes in reception and an honesty box (£1 per item) for any purchases.

Christmas fair (30th November)

As usual we'll be doing collections on a Friday (dates below) to help with the Christmas fair. The first collection is next Friday, 25th October where we are asking for an item for the Elfridges room (a present suitable for a parent or carer) in exchange for the children coming to school in onesies or oodies.

Dates for collections:

- *25th October: onesies or oodies in exchange for a gift for the Elfridges room*
 - *15th November: own clothes in exchange for sweets or (nut free) chocolate*
 - *22nd November: own clothes in exchange for a bottle for the adult tombola*
 - *29th November: crazy hair and/or Christmas jumpers in exchange for cakes or £1 donation*
-

As ever, thank you for your continued support.

Lower Park School



Thursday 5th December 7pm

Lower Park School Hall

A fun filled evening led by a professional florist where you will create your very own Christmas masterpiece!

EARLY BIRD PRICE!!!

£40 per head until 15th November (Rising to £45 thereafter)

This includes Mince pies but please **bring your own tippie!**

Buy your tickets from the school office
from **Monday 4th November.**

Friends and Family welcome

All proceeds go to the Lower Park School PTA Charity.



Dates for the diary



Diary dates for Autumn 2024

Thursday 24th October - PTA Halloween Disco

Friday 25th October - Onesies or Oodles - PTA collection of gift for Elfridges room (something suitable for present for parent/carer)

Friday 25th October - School closes for Half Term

Thursday 7th November - PTA meeting 5.30pm

Monday 11th -22nd November – Swimming pool at school for two weeks

Friday 8th November - Sibling from 8.15 and individual photos

11th - 15th November - Anti-bullying Week

Friday 15th November - Own clothes - PTA collection wrapped sweets/nut free chocolate

Friday 22nd November - Own clothes - PTA Collection of bottle for adult tombola

Friday 29th November - Crazy hair &/or Christmas Jumpers - PTA collection of cakes or £1 donation

Saturday 30th November Christmas Fair

Thursday 5th December – Wreath Night

Friday 6th December - Freddie Fit

Monday 9th December - KS1 Pantomime - available to pay on School Money now

*19th December – KS2 Pantomime - available to pay on School Money now, full details emailed Tuesday
24th September*

Community noticeboard

Leaflet from NHS on self help for winter illness



Help for common winter illnesses

nwas.nhs.uk



As the colder months approach, common ailments like sore throats, earaches, and rashes often follow.

When these issues arise, it can be challenging to know where to seek help, especially if it's not an emergency. This leaflet offers practical tips and advice on how to manage these minor health concerns on your own.

Sore throat

Sore throats are very common and usually, nothing to worry about. They normally get better by themselves within a week.

To help soothe a sore throat and shorten how long it lasts, you can:

- gargle warm, salty water (children should not try this)
- drink plenty of water
- eat cool or soft foods
- avoid smoking or smoky places
- suck ice cubes, ice lollies or hard sweets – but do not give young children anything small and hard to suck because of the risk of choking
- try over-the-counter medicines like throat sprays or lozenges
- rest

Should your sore throat become worse, see your pharmacist or GP. But if you start to have trouble breathing or are unable to swallow, call 999 or go to A&E.



Earache

Earache and ear pain are common, particularly in young children. It can be painful but is not usually a sign of anything serious.

Do

- use painkillers, such as paracetamol or ibuprofen (some painkillers are not safe for everyone. Always check the leaflet or get medical advice before taking them)
- place a warm or cold flannel on the ear

Don't

- put anything inside your ear, such as cotton buds
- try to remove earwax
- let water get inside your ear



Rash

A skin rash occurs when the skin becomes red, inflamed and bumpy. Some skin rashes are dry and itchy. Some are painful. Many things can bring on a skin rash, including viruses, bacteria, allergens and skin conditions like eczema.

You might lower your chances of developing a skin rash if you:

- avoid known triggers, such as allergens and irritants
- don't share personal items or clothing with anyone who has a virus that causes a rash
- use mild, fragrance-free, hypoallergenic soaps, cleansers and moisturisers
- wash your hands immediately after coming into contact with a known allergen or irritant

Rashes in babies and children can also appear often, and they're normally nothing to worry about. But as a parent, you know if your child seems seriously unwell and should trust your judgment. If your child develops a rash along with other symptoms such as a stiff neck, high temperature, or difficulty breathing, call 999 or go to A&E.

Further help

Scan the QR code for an A-Z list of ailments.

If you have tried these self-help tips and still require medical advice, but it is not an emergency, please try one of the below:



Scan me

1. Pharmacy

Pharmacists are experts in medicines who can help you with minor health concerns. As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as earache, colds, sore throats, rashes, tummy trouble and aches and pains. If you run out of prescription medicine and do not have a prescription, you can get an emergency supply from a pharmacy without a prescription. Take identification, an old prescription, or the medicine's packaging with you, if you have it.

2. NHS 111 online – 111.nhs.uk

Use the symptom checker, which can give you the right advice for your concerns. In some cases, 111 will be able to book an appointment for you at urgent treatment centres, GP surgeries or pharmacies. By using the online service, you'll answer the same questions as you would over the phone, but without the wait time. If you require help for a child below the age of five, always call 111.

3. GP appointment

GP practices are available to assist you, whether this is face-to-face, a telephone call, or a video consultation. Please contact your practice by telephone or online.

Need another format?

If you would like this information in an alternative language or format, such as easy-read or large print, please contact: communications@nwas.nhs.uk

nwas.nhs.uk



No appointment necessary

Waiting for an appointment?

Did you know that your local Well Pharmacy can give you FREE confidential advice and treatments on the below conditions, without an appointment.

Choose Pharmacy first

- † Urinary tract infection (UTI)*
- † Sore throat
- † Sinusitis
- † Earache
- † Impetigo
- † Shingles
- † Infected insect bites

Subject to eligibility, suitability and availability of a trained pharmacist, and at the professional discretion of the pharmacist. *UTI in women only.

+well Pharmacy

Space4Autism Drop In Poynton



as part of our Space to Prosper Project

Come along and chat to one of our wellbeing workers for information, advice and support.

**1st Thursday of each month (in term time)
10 am - 2 pm**

**Clay Coffee House,
22 Park Lane,
Poynton,
Cheshire,
SK12 1RE**

For information please email:
outreach@space4autism.org

Funded by



**Foster carers turn
children's lives
around - come and
foster with us**



If you are interested in a life-changing vocation and can provide a safe, loving home to a child in care, we'd love to hear from you.

**01527 834653
0333 0603 962
five-rivers.org**

Your local office: Unit 28 Basepoint Business Centre, Isidore Road, Bromsgrove, B60 3ET

Short term and long term foster carers needed. Highly competitive fostering allowance of up to £28,000 a year, tax-free, 24/7 support and specialist training. Potential to combine with full or part-time work.



POYNTON
Sports Club

FAMILY



5.30 - 7.30pm
Saturday 21st September
Saturday 19th October
Saturday 16th November
XMAS BINGO Saturday 14th December

EYES DOWN, LOOK IN!.....JOIN US FOR AN EXCITING EVENING OF BINGO

- PRIZES FOR ROWS, FULL HOUSE
- BAR OPEN ALL EVENING
- MEMBERS & NON MEMBERS WELCOME
- £2 PER PERSON (children under 5 are free)

TO BOOK A BINGO TABLE CONTACT
clubmanager@poyntonsports.com
or call 07984 526 534

CHEEKY SWINE HOG ROAST

- HOG ROAST BARM £7
- HOT DOG £4
- MEGA DOG £6
- BEEF BURGER £5
- PIZZA £10
- DIRTY FRIES £8



www.poyntonsports.com

Poynton Sports Club • London Road North
Poynton • Stockport • SK12 1AG

Club Manager - Jane Williams 07984 526 534



POYNTON
Sports Club

QUIZ!?! NIGHT!

Friday 27th September

Friday 15th November

**XMAS
QUIZ**

Friday 20th December

**7.30
pm**

JOIN US FOR A FUN NIGHT OF QUIZZING
MAX 6 PEOPLE PER TEAM (£3 per person)

GREAT PRIZES TO BE WON!

BAR OPEN ALL EVENING

MEMBERS AND

NON MEMBERS WELCOME



www.poyntonsports.com

Poynton Sports Club • London Road North

Poynton • Stockport • SK12 1AG

Club Manager - Jane Williams 07984 526 534

Registered Charity
No. 1130340



Poynton Community Larder

What?

A not-for-profit, low-cost service for those in Poynton who need a little help with their weekly shop. Please come along and find out more.

When?

We are open on the first and third Wednesday of each month between 1:30pm and 4:30pm.

Where?

Poynton Baptist Church, 22 Park Lane (side entrance)

Website:
www.pbc.org.uk/food

Facebook/Instagram:
Poynton Community Larder

Email:
food@pbc.org.uk

OUR HELPING HEROES

Poynton Community Larder wishes to thank the following for all their amazing donations of food and financial support:

- Poynton Town Council
- Cheshire East Council
- Worth Primary School
- Graham - Highway Engineering Co
- Hope Green Residential Home
- Aldi Community Donation Point
- Poynton Round Table
- Waitrose and Partners, Poynton - Give a Little Love Scheme.
- Tesco Community Grant Scheme
- Churches Together in Poynton
- Calloways Printers Ltd.



We are a member of the
Cheshire East Food
Alliance.

FIND OUT MORE

Website:
www.pbc.org.uk/food

Facebook:
Poynton Community Larder

Instagram:
Poynton Community Larder

Email:
food@pbc.org.uk

PBC Office Telephone No:
01625 859036



**Poynton
Community
Larder**



Bridging the gap

Registered Charity No. 1130340

What is the Poynton Community Larder?

We are a local service that supports those in our community who need a little extra help with their weekly shop. We also aim to reduce food waste.

Who provides this service?

Poynton Baptist Church with the help of other people and organisations in the area - see **'our Helping Heroes'** on the back of this leaflet.

What do we provide?

We provide nutritious food, and hygiene products at a reduced cost. We also provide a not-for-profit and dignified shopping experience.



When and Where are the Larder Days held?

We are open on the first and third Wednesday of each month between 1:30pm and 4:30pm at Poynton Baptist Church.



Who can become a member of the Larder?

Any family, single person or couple living in Poynton who are struggling to meet increased living costs. Members can self-refer and are not means-tested.



How much does it cost?

We charge £4 per shop which entitles customers to select 15 different items including fruit, vegetables and fresh bread, subject to availability. Currently we do not offer chilled or frozen food.

How can you help?

Volunteers

Volunteers are always welcome. Please get in touch with us if you think you might be interested in joining the team.

Donations of food

We need supplies of tinned and packaged food, and hygiene products. If you can help by donating, please drop off items at Poynton Baptist Church, or at Clay Coffee House which is open Wed-Sat from 8:30am-4:00pm.

Financial support

If you wish to make a financial donation, you can give through your bank as a one-off gift or standing order. Our bank details are below. Please reference your donation - FOOD.

Name: Poynton Baptist Church
Sort-code: 08-92-99
Account Number: 65938440



Are you looking for some new strategies for children aged between 5 and 12?

Facing Defiance



Six week course: 6 online Teach sessions (one hour on Sundays) plus applying the strategies at home during the week
£72 (1 or 2 parents can attend)

for more info and to book

info@facefamilyadvice.co.uk

Backyard Big Screen presents

HALLOWEEN MOVIE & CRAFT

Craft session followed by a screening of the classic family film
ADDAMS FAMILY VALUES (PG)

Fri Nov 1st | **Doors: 2pm**
Movie starts: 3pm

@ The Centre, Park Lane, Poynton

Tickets available to purchase from
buytickets.at/backyardbigscreen/1427462

@Backyardbigscreenuk

LSC



THE FOOTBALL FACTORY

Cheadle Town Football Club

Park Road, SK8 2AN

£23 per day
Wrap around care from £4

Tuesday 22nd - Friday 25th October
8 am - 6 pm or 9:30 am - 3:30 pm

Ages 4 - 11

Childcare Vouchers & Tax-Free Childcare Schemes Accepted

Scan to book



wearelsc.co.uk/venues

0800 032 1806

info@wearelsc.co.uk

@WeAreLSC

Compassion | Open | Trust



NHS
Wirral Community Health and Care
NHS Foundation Trust

SEND 0-19+ health practitioners SEND Drop In

(On behalf of health visitor/school nursing services Cheshire East)
for parents/children & Young people for support/signposting/guidance with all SEND related issues and helping to understand why your child may be struggling and ideas that may help. Think your child may have SEND and not sure where to go or what to do?

www.wchc.nhs.uk/services/special-educational-needs-and-disability-send-drop-in-sessions

Please note that for some of the Little Stars groups some of our SEND champions from our health visiting team will be in attendance rather than the 0-19 SEND health practitioners



Rubys Fund
Rose Street
Congleton
CW12 1PG

Oakenclough Family Hub
Cotshaw Drive
Wilmslow
SK9 2PZ

Ash Grove Family Hub
Macclesfield
SK13 7TD

Knutsford CC
Manor Park North
Knutsford
WA16 8DB

Disley Library and Oldley Community Centre
Off Buxton Old Road
Disley
SK12 2BB



NHS
Wirral Community Health and Care
NHS Foundation Trust

Compassion | Open | Trust

SEND 0-19+ health practitioners SEND Drop In (Health visitors and school nurses)

for parents/children & Young people for support/signposting/guidance with all SEND related issues
<http://www.wchc.nhs.uk/services/special-educational-needs-and-disability-send-drop-in-sessions>

Rubys Fund Centre - Congleton
Monday 16th Sept 3.30-5.30pm (teatime club)
Wednesday 23rd Oct 10-12am

Ashgrove Family Hub - Macclesfield
Tues 10th September 9-12pm
Tues 15th October 9-12pm
Tues 12th November 9-12pm

North Locality
Oakenclough Family Hub - Wilmslow
Wed 4th Sept 2-4pm (Marketplace Event)
Thurs 26th Sept 2-4.30pm

Knutsford Children's Centre
Fri 4th Oct 10-12am

Disley Library and Community Centre
Thurs 5th Sept 7-9pm
Fri 15th Nov 10-12am -



Would you like to improve communication with your teen?

face2face



Get professional support to improve mutual understanding and respect
Two Part online course £60
Young people do not have to appear or speak on camera

**Advanced Communication Skills certificate for teens
on completion of the course**

for more info and to book
facefamilyadvice.co.uk

8BY8

INSPIRE
the love of football

EMPOWER
with knowledge & experience

ELEVATE
through challenge & opportunity

MULTI-SPORTS COURSE

MAINLY INDOOR BUT OUTDOOR AREAS WILL BE USED IN GOOD WEATHER.

Join us for our ALL NEW Multi-Sports course, ran and delivered by our specialist sports coaching team

Each day has a specific sport theme

- Monday: Racket Sports
- Tuesday: Invasion and Team games
- Wednesday: Olympic sports
- Thursday: Target games and wheels
- Friday: Team games and competitions.

* For Thursdays' wheels theme, attendees are to bring their own option of scooters, bikes, skates and skateboards with the required safety equipment. No Helmets, no action!

Full breakdown of each day can be found on our holiday course web page

COURSE TIMES:
Drop Off From: 9.00am
Sports Start: 9.20am
Half days: 9.00am to 12.00pm / 12.30pm to 3.30pm
Day Finishes: 3.30pm

FOOTBALL COURSES

OUTDOOR ON GRASS OR HARD-COURT WITH INDOOR AREAS FOR INCLEMENT WEATHER

Open to players of all abilities with different style days to choose from.

Advanced Technical days and Football For All.

FOOTBALL FOR ALL

Fun based football course with games, competitions and lots of match play. Open to players in reception to year 6.

COURSE TIMES:
Drop Off From: 9.00am
Sessions Start: 9.20am
Half days: 9.00am to 12.00pm / 12.30pm to 3.30pm
Day Finishes: 3.30pm

ADVANCED TECHNICAL DAYS

Individual development focused days with scheduled practices delivered with academy detail.

AGES AND DAYS:	COURSE TIMES:
U6- U8: Tuesday	Drop Off From: 9.00am
U9- U11: Wednesday	Football Start: 9.30am

PRICES: SPORTS AND FOOTBALL FOR ALL

Full day	Half day	Full week
£20	£12	£85

ADV. TECH	WRAPAROUND OPTIONS:	
1 Day	Early drop-off 8.00am £5	
£30	Late pick-up 4.30pm £5	

If booking a full week but doing different course days, please email info@8-by-8.co.uk to confirm your choices.

ARRIVAL AND REGISTRATION:
Attendees of both courses to sign in at the school hall, entering via the front of the school. Arrival activities to get involved in until all attendees have been registered or accounted for. Coaches will then lead their groups to the right sporting area. Reconvening in the hall for lunch.

SCAN TO GO TO BOOKING PAGE

WWW.8BY8FOOTBALL.CO.UK

8BY8

MULTI-SPORTS COURSE

TENNIS
 BADMINTON
 DODGE BALL
 BASKETBALL
 SKATE
 BASKETBALL
 TBA
 FRISBEE
 GOLF
 CRICKET
 ATHLETICS



MON 28TH OCTOBER -
FRI 1ST NOVEMBER, 2024

FOOTBALL COURSES

ADVANCED
 TECHNICAL
 DAYS
 FOOTBALL
 FOR ALL
 TOP BINS
 FOR DAYS
 PENOS
 TROPHIES
 STAR PLAYERS
 TRICKS & TREATS



@8BY8Football f/weare8BY8
 Email: info@8-by-8.co.uk
 Tel: 07903 766116

VERNON PRIMARY SCHOOL
 CLUMBER LANE, SK12 1NW

WWW.8BY8FOOTBALL.CO.UK

Special Educational Needs and Disabilities (SEND)

North Local Offer Marketplace



For all parents/carers with children aged 0-25 who would like to find out more about our SEND Local Offer and how we can support you and your child. Drop in and meet with multiple agencies all in one place!



Oakenclough Family Hub
 Colshaw Drive, Wilmslow
 SK9 2PZ

Thursday 5th December 4pm-6pm

Education Psychologist
 Cheshire and Merseyside ICB
 0-19 SEND Health Visitor
 Cheshire East Autism Team (CEAT)
 Cheshire East SEND Team
 Cheshire East SEND Transition Team
 Cheshire East Parent/Carer Forum





OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
Book online at facefamilyadvice.co.uk

FREE SESSIONS Introduction to Facing Defiance Decreasing Depression	24 OCT 25 NOV
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Understanding the Teenage Brain	2 DEC

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



November 2024

Newsletter

Monday
25th Nov
19:00 - 20:00
FREE



FREE SESSION Decreasing Depression

A range of steps that can help to reduce the crippling impact of depression.

Thursday
7th Nov
19:00 - 21:00
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
12th Nov
19:00 - 21:00
£24



Anxiety-Based School Avoidance

Understanding and supporting children who are anxious about school. Steps you can take to help them back into the classroom.

Monday
18th Nov
19:00 - 21:00
£24



Understanding Anger: Yours and Theirs!

What is anger? Why do we have it? How do we manage it in ourselves and in our children?

Thursday
21st Nov
19:00 - 21:00
£24



Supporting Healthy Screen Use

Clarifying the difference between healthy screen use and unhealthy screen use. Addressing concerns about blue light and sedentary behaviour.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk