



Temple Meadow
Primary School
Growing together, learning together

Temple Meadow Primary School

Wrights Lane
Cradley Heath
West Midlands
B64 6RH

Tel: 01384 569021

Web: www.templemeadow.com

Email: tm.admin@meadow.sandwell.sch.uk

Headteacher: Ms C. Walsh

Our Ref: BD/CH

Wednesday 22nd November 2023

Parent & Carers Youth Mental Health First Aid Course

Dear Parent/Carers

We wanted to let you know about a fantastic opportunity for Parents/Carers of children aged 8–16 in Rowley Regis to attend a fully funded Youth Mental Health First Aid course on the below four dates, all of which are **10:00am – 2:30pm** at **Cradley Heath Community Centre, Reddal Hill Road, Cradley Heath, B64 5JG**.

Friday 2nd February 2024

Monday 5th February 2024

Friday 9th February 2024

Monday 12th February 2024

The course will give Parents/Carers the skills, knowledge, tools and techniques to help and support children in their families to develop and maintain positive mental health and wellbeing while effectively managing any struggles the children may experience.

The course is fully funded so is **FREE** to all Parents/Carers attending.

Following completion of the course, all Parents/Carers will receive 6 group mentoring support sessions from trained professionals to help them put their new skills and knowledge into practice, share experiences and deal with any challenges or questions.

Places are limited so Parents/Carers can either email TCE@kaleidoscopeplus.org.uk or call 0121 565 5605 and speak to the training team to book a place.

Yours sincerely,

Miss Dale
Deputy Headteacher



Artsmark
Silver Award
Awarded by Arts
Council England



Leading Parent
Partnership Award
2018-2021



Free Support for Parents & Carers of Young People

Do you know what worries your young person/child? Do you know how you can help?

Would you like to know what the signs and symptoms of mental health and emotional difficulties are?

Then let us give you the tools to support a young person with their mental health or anxieties.

Our course is for Parents and Carers of young people to give you the confidence to give support to your young person and get them the help they need. It will not make you a therapist but it will teach you to listen, reassure and respond even in a crisis and even stop it happening at all.

This MHFA® Youth course is aimed at parents and carers of young people living in Sandwell. You will also have access to 6 peer sessions to support you following the course.

 Cradley Heath Community Centre, Reddal Hill Road, Cradley Heath, B64 5JG.

 10:00am to 2:30 pm

 2nd Feb, 5th Feb, 9th Feb & 12th Feb

To book a place please email:
TCE@kaleidoscopeplus.org.uk or call 0121 565 5605
and speak to the Training Team



Feel Good 50
Helping you feel better for 50 years

Funded by Sandwell MBC