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CLA/Ks2227

27<sup>th</sup> September 2022

Dear Parents/Carers

We are all too aware of reports in the media of an increase in young people suffering with poor mental health and well-being. The consequences are upsetting and scary for all, not least because we worry about not doing the right thing and making the situation worse. There is a plethora of information out there, but when you find yourself in the middle of a situation, it can seem daunting and overwhelming.

To help address this we are delighted to be able to invite you to Farlingaye on October 18<sup>th</sup> to participate in our first Mental Health and Well-being Fair. Starting at 5pm, we will be based in the 6<sup>th</sup> form Common Room and anticipate finishing at 7.30pm.

After a brief talk about what we can offer in school to support students, there will be an opportunity to speak informally to a number of charities and organisations, all experts in their particular field. The intention is to enable you to gather information and to make contact with a number of local providers, so that you can access their assistance should the need arise.

Such an evening can be emotionally draining and so the 6<sup>th</sup> form Café will be open to offer a break and staff will be around to speak to.

I hope you will be able to join us and look forward to welcoming you to this event. If you are aware of any organisations you feel I should invite please don't hesitate to get in touch. ([claird@farlingaye.suffolk.sch.uk](mailto:claird@farlingaye.suffolk.sch.uk))

Best wishes

Catherine Laird  
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