

Dear Families

Family Links Nurturing Programme

We all know that family life is not always happy and calm; it can sometimes be frustrating, leaving us feeling that we are not doing our best. On top of this parents and carers often neglect their own needs and feelings.

Family Links Nurturing Programme is a 10 week "get together" that helps anyone who cares for children explore ways of managing behaviours and feelings to make the home a calmer, happier place to be, as well as recognising the need to look after yourself. The programme has been running successfully in schools for a few years now, and as a "family of schools" we would like to make it as accessible as possible to parents and carers.

Please could you take some time to fill in the slip below so that we can get a general idea of preferred times so that we can plan this year's Family Links, then return it your school's family liaison worker named below. Thank you.

Claire Hargrave



Jo Mitchell



Foxhill Primary School

Lucy Leavor and Julie Holdsworth



Tracy Raistrick



I would like/be interested in attending Family Links if it was available:

Week day a.m. Week day p.m. Week day evening

Preferred venue for this to be held:

Any of the above: or Please specify: _____