

Wellbeing Coffee Mornings



At St Hugh's Catholic Primary School

Come and join us for a coffee/tea at one of our coffee mornings **2024 to 2025** and meet our **visitors**.

From 8.45 to 9.30am:

Wednesday 25th September with **Miss Bower/Mrs Bushell** -School Admissions Year 6 to 7 applications. Visitors—**Paul Olubayi** and **Scott Pughsley**

Wednesday 16th October with **Caroline Nongpluh MHST** - **Sleep Workshop**

Wednesday 13th November with **Alexandra Bahor** - **NHS** - the **Live Rooms**

Friday 29th November with **Karen Molloy** - **The Parenting Nurture Programme**

Wednesday 4th December with **Mr Bruce** - Maths Lead - **supporting your child with maths at home**

Wednesday 22nd January with **Jimmy Pugh** - **National Energy Action** (fuel poverty)

Wednesday 12th February with **Donika and Janet** -GTDT - **employment/CV advice**

Wednesday 12th March with **Michelle Lea** - **promoting healthy family relationships**

Wednesday 30th April - with **Mrs Thomas** - RE Lead - **The Catholic life of the School**

Wednesday 14th May with **Donika and Janet** - GTDT - **employment/CV advice**

Wednesday 11th June with **Lisa Lunt** - **supporting your child transitioning from Year 6 to Year 7**



We will offer:

- a **relaxed, supportive** atmosphere
- an **opportunity** to ask **questions**, discuss **openly** or a **confidential space** can be provided
- **support** given with **signposting** to other services