

# ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'



Ringwood Road  
Totton  
Southampton  
SO40 8EB

Telephone: (023) 8086 3159  
E-mail: [admin.office@abbsch.co.uk](mailto:admin.office@abbsch.co.uk)  
[www.abbotswood.hants.sch.uk](http://www.abbotswood.hants.sch.uk)

Headteacher: Mr G Moore

'It Really Does Matter'

6<sup>th</sup> September 2023

## Online anxiety workshop

Dear parents/carers,

We have been offered the opportunity for you to join an online workshop run by the local Mental Health Support Team. We work closely with the MHST to offer support to children in school. You don't have to register to join, you can just log on either in the morning or the evening. We have had very positive feedback from parents and carers who have been involved with the MHST. Here are the details:

**MENTAL HEALTH SUPPORT TEAMS** **NHS**

## Managing Your Child's Anxiety

An online webinar for parents and carers of primary-aged children, offering information around what anxiety is and tips for how to support your child

**Monday 25th September 9.30—10.30am**  
Meeting ID: 993 3351 0563 Passcode: 725031  
<https://spft-nhs-uk.zoom.us/j/99333510563?pwd=UWVoY3lFTj1BHakcrYVNqZWRLbGRjQT09>

**Wednesday 27th September 7.00—8.00pm**  
Meeting ID: 915 1684 7114 Passcode: 244952  
<https://spft-nhs-uk.zoom.us/j/91516847114?pwd=NVYyTj1hkrjNylLOtEQ2prVi9xTDJldz09>

**MENTAL HEALTH SUPPORT TEAMS** **NHS**  
Service delivered in partnership with Hampshire and the all rights Integrated Care System. [hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)

Kind regards,

Fiona Brocklesby and George Adams  
Senior Mental Health Leads