



EMMANUEL COLLEGE
Emmanuel Schools Foundation

28 April 2023

Dear [RecipientTitle] [RecipientSurname]

Mental Health Awareness Week

I would like to invite you to an information evening which aims to offer advice and support to help navigate some of the challenges that students, parents and carers might be dealing with. This coincides with [Mental Health Awareness Week](#); all of the sessions will be related to mental and physical wellbeing with guest speakers confirmed from the NHS and [RISE](#).

The event is an in-person session between 6:00pm to 7:00pm in College on Tuesday 16 May and is only for parents or carers to attend. The evening will offer three different areas of focus, each led by an expert in the field: healthy screen use and social media, mental health, and physical well-being. There will be refreshments and a chance to ask questions at the end of the session.

So that we can prepare for this event, could you please use [this form](#) to indicate whether you plan to attend.

We hope that you will find the event to be practically helpful as well as interesting. Our aim is to have additional events of this nature in the future.

Yours sincerely

Mr N Wiecek
Parent and Carer Partnerships Lead