



Westcroft

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Dear Parent/Carer

8th February 2024

Re: Fear Less Course for Parents & Carers

Durham Family Hubs are offering parents and carers the opportunity to take part in a course called 'Fear Less' which is aimed at parents of children who suffer from anxiety and this anxiety is affecting them coming into school.

The course is full of good advice, support, strategies and techniques for supporting a child with anxiety.

Anxiety in children is a growing area of concern nationally in terms of mental health and well-being and in school we have recently had a whole school assembly on anxiety delivered by Investing In Children. We are also running a twilight training session for our staff team on identifying and supporting children with anxiety.

If you would like to take part in the Fear Less Course you can book a place by contacting: Rachel Clarke – Family Hub Co-ordinator on 03000 264 956 or by contacting the Hub direct on 03000 266390.

Yours sincerely

Mrs D Cross

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Head Teacher

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