



3 June 2026

Dear Parent/Carer

As part of our ongoing work at Heanor Gate Spencer Academy to support students' mental health and wellbeing, we are developing a series of workshops for parents and carers. These sessions are intended to offer guidance and practical strategies for supporting our young people.

We would like to offer these sessions initially to parents and carers of Year 11 students who feel that they would benefit from this support as they enter the extended summer break and potentially go on to new destinations.

There will be a number of sessions, each exploring a different theme. You are invited to attend all of these sessions, but there is no obligation to do so. You can select the sessions which you believe have the most relevance to you.

Each session will be facilitated by our Family and Wellbeing Lead, Bex Boyles, and will run from 3.30pm-4.30pm.

Workshop 1 - Wednesday 10 June - What is mental health?

- To understand what mental health is.
- To understand what you could do in the family home to keep children and young people mentally healthy
- To gain ideas to implement in the family home

Workshop 2 - Tuesday 16 June - Anxiety

- To understand what anxiety is.
- To understand when anxiety becomes a problem
- To leave with some ideas of what to do to help children and young people struggling with anxiety

Workshop 3 - Wednesday 24 June - Social Anxiety

- To understand what social anxiety is
- To identify when it becomes an issue
- How to help children and young people who may be experiencing social anxiety as a problem

Workshop 4 - Thursday 2 July- Low mood and depression

- To know the difference between low mood and depression
- To know the signs of when your child/ young person might be experiencing depression
- To gain some ideas of what to do to help children and young people struggling with depression

Workshop 5 - Tuesday 7 July - Self harm

- To understand what self-harm is
- To gain ideas of how to support children and young people who may be self-harming

If you would like to be involved with any of these sessions, please complete this form by Friday 6 June:

<https://forms.gle/cpZ4BWszsPb99Oh46>

Yours sincerely

Mrs Lyndsey Mills

Vice Principal

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