WIMBLEDON CHASE PRIMARY SCHOOL

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Dear Parents,

Mental Health, Wellbeing and Parenting Support

At Wimbledon Chase we are part of the Education Wellbeing Service (EWS) run by the NHS. Together we decide on webinars, parent groups and workshops that we think would be useful for our families. The support package is run by clinical psychologists, psychotherapist and wellbeing practitioners. Wimbledon Chase has one of the most engaged family communities in the local area. Many of the webinars and workshops have 100% recommendation rates by parents.

Webinar Programme

Below are the free webinar programmes that are available to support Early Years and Primary parents this Autumn Term.
You can sign up to any of their free webinars by clicking on the links
Early Years: Wellbeing Webinars
Primary Years: Wellbeing Webinars

Online Parent Groups

The EWS has also launched a new programme of online parent groups, which will be offered throughout the year on a rolling basis. Feedback from previous groups has highlighted that parents find not only the psychoeducation and practical strategies they learn in the group helpful, but also the opportunity to connect with other parents whose children may be experiencing similar difficulties.

This year, we will be offering two online group programmes for the schools we support:

- **Supporting Children with Sleep**
- **Goodbyes and Goodnights** (for parents of children who may find it difficult to settle at night or attend school in the morning due to worries or anxiety)

You can sign up directly using the link or QR code included on the flyer.

Please find attached the flyer for our first group, **Goodbyes and Goodnights**, which will **begin in October 2026.**

EWS 1:1 Parent Support

If you are interested in 1:1 parent sessions with our friendly in-school NHS Wellbeing Practitioners to help your child's worries or anxieties, or support their challenging or tricky behaviour, you can pick up a referral form from the office, speak to a member of staff or use the attached form.

Kind regards

Nikki Adamson
Assistant Head Phase 3
Mental Health and Welbeing Lead