WIMBLEDON CHASE PRIMARY SCHOOL

Merton Hall Road
Wimbledon
London, SW19 3QB

T: +44 (0)20 8542 1413
E: wcps@wimbledonchase.merton.sch.uk
W: www.wimbledonchaseschool.co.uk

Headteacher: Mrs C Gibbins, BA (Hons), PGCE, MA, NPQH

Dear Parents,

Parent Gym – Supporting Families to Thrive

We are delighted to be offering our **Parent Gym programme** again this autumn.

Parenting can be incredibly rewarding, but we know it can also bring challenges. Parent Gym is a well-established **six-week programme** designed to give parents practical ideas, useful strategies and an opportunity to share experiences. The sessions explore ways to make family life a little easier while supporting children to grow in confidence and thrive.

The programme is open to all parents and, through our relationship with Parent Gym, is **completely free of charge**. Places are limited and will be allocated on a **first-come, first-served basis**. As the sessions form part of a complete programme, we are unfortunately unable to offer places for individual sessions.

When: Tuesdays, 9am–11am
Where: Wimbledon Chase Primary School – Dining Hall

Programme Dates

- **Week 1 – Chat:** Tuesday 6 October 2026
- **Week 2 – Love:** Tuesday 13 October 2026
- **Week 3 – Behave:** Tuesday 20 October 2026
- **Week 4 – Care:** Tuesday 3 November 2026
- **Week 5 – Together:** Tuesday 10 November 2026
- **Week 6 – Discover:** Tuesday 17 November 2026

If you would like to register for a place or would like any further information about the programme, please contact **Siân Dotchin** at **parentsupportadvisor@wimbledonchase.merton.sch.uk**.

We hope you will be able to join us and look forward to welcoming you to Parent Gym.

Kind regards

Mrs Siân Dotchin
Parent Support Advisor