



Ilfracombe Infant & Nursery School  
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Date: 21<sup>st</sup> January 2022

Dear Parents and Carers,

### 'Shipwreck Sam' Performance

The children really enjoyed watching Boo To A Goose Theatre Company perform 'Shipwreck Sam'.



### Kingfishers, Swallows and Swans - 'Gardens are Good for You' Workshop, RHS Garden Rosemoor

The gardens were an inspiring space for the children as they used their senses to discover and engage with the world around them. The workshops focussed on how wellbeing can be improved by connecting with nature.



## Wednesday 26<sup>th</sup> January, Crossing Point

Please be advised that on Wednesday 26<sup>th</sup> January the crossing point will only be manned in the afternoon.

Kind regards,

Claire Grant  
Executive Headteacher

### Diary Dates

Monday 31 <sup>st</sup> January	Chinese New Year
Wednesday 2 <sup>nd</sup> February	Kingfishers, Swans and Swallows Clive PiG Storytelling

### **\*\*FREE NHS WELLBEING WORKSHOPS\*\***

Looking after your mental health and wellbeing has never been more important. This time of year can be particularly challenging for many, and as a result, [TALKWORKS](#) (an NHS confidential talking therapy service, based in Devon) is running a selection of free wellbeing workshops, to help participants learn more about how they can improve their mental and physical wellbeing. All of the workshops are run online via Microsoft Teams, so that you can attend from the comfort of your own home or a location that is convenient for you.

The workshops cover a number of different topics, including:

- [TALKWORKS for Sleep](#): Do you struggle to get to sleep or find yourself waking up at night? TALKWORKS For Sleep is a two hour session looking at common sleep problems and evidence based ways of improving sleep
- [Stress Less with TALKWORKS](#): Stress can affect us all differently, and can be hard to manage. In this session, you'll be introduced to a range of techniques to help you manage stress and make manageable changes, to help you to feel healthier and happier
- [Introduction to Mindfulness](#): Take part in guided meditation practises and learn the benefits of mindfulness in this educational and informative 75 minute session
- [TALKWORKS for Talking Health](#): Do you, or does someone you love, live with a long-term health condition? Learn more about how you can manage living with the condition and the support that TALKWORKS [Talking Health team](#) can give

TALKWORKS is also running a [Wellbeing for Parenthood workshop](#), which is available for expectant and new parents (with children up to the age of 2) who may be in need of additional support. The Wellbeing For Parenthood workshop will educate participants around common mental health difficulties many people experience during pregnancy and after welcoming a baby. The next Wellbeing For Parenthood workshop is taking place on Wednesday 9 February at 10:00am, and places are available to [book now](#). This course is open to parents and partners who are looking for some additional support for either themselves or their loved ones. During the workshop, you will learn more about how to look after your wellbeing, with various tools and techniques to help you improve sleep and manage anxiety.

If you are interested in finding out more, please visit the [Wellbeing Workshops page](#) on the TALKWORKS website, or call 0300 555 3344 to speak to a member of the team and book your place. You can also find out more about the support TALKWORKS can offer anyone living in Devon (over the age of 18) struggling with low mood, stress, sleep deprivation or anxiety on the [TALKWORKS website](#). **As part of the NHS, all treatment is available free of charge.**